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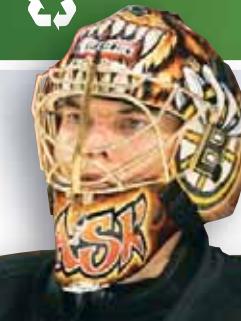
New mom faces the tough task of finding another home, as her building is for 'adults only'

PAGE 3

BEAR TRAP!

BRUINS GOALIE TUUKKA RASK MAKES 28 SAVES TO BLANK THE BLACKHAWKS AS BOSTON TAKES THE LEAD IN THE STANLEY CUP FINAL

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Calgary police to launch water 'support unit'

Safety. Service won't patrol but will keep boat ready to respond to river incidents

 **JEREMY NOLAIS**
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Calgary police will once again have a boat ready to respond to incidents on city waterways but will stop short of on-water patrols as they have done in previous years.

The information from the service came on Monday after a suspension of river patrols and a review of enforcement policies that was first reported by Metro in April and generated fears among paddle groups over who would crack down on unruly and intoxicated rafters.

At the time, police had said they would stick to education and enforcement from the shorelines and also tag along on boats run by city firefighters and by-law officers.

But spokesperson Kevin Brookwell confirmed plans are being made to "upgrade" a police vessel, although he couldn't provide a timeline for when it would return to



Police spokesperson Kevin Brookwell. METRO FILE

the water.

An internal police job posting obtained by Metro and dated May 29 indicates the service is hiring on 12 part-time positions for a "waterway support unit." Each will be required to go through aquatics training, and Brookwell said they would operate the boat when needed.

"I think through all of the discussions that have happened, it really came down to you need to have that team that knows what they're doing, understands the rules, and that we need to have the equipment.... That's why we are moving ahead with a newer boat," Brookwell added.

Currently, police are the only group in Calgary

Word of caution

- Over the May long weekend, rafters and city bylaw services reported smooth sailing on the Bow and Elbow rivers. However, a spokesperson cautioned that typically the coming Canada Day weekend draws the first big rush of floaters locally.

with the authority to order people off city waterways.

The Calgary Fire Department has made an application to Transport Canada seeking some of the same powers.

Spokesperson Carol Henke said Monday they had yet to hear back from the federal body.

Chuck Lee, executive director of the Alberta White-water Association, was relieved to learn city police are staying in the boating business.

"We don't see firefighters patrolling streets looking for fires, so why do we have them trying to control the river?" he said. "It's a little bit crazy how we're trying to do things out there."



Const. Trevor Sadownick checks out a raft during on-water police patrols last year. This year, officers won't be on the water full-time but will be able to respond to emergencies. METRO FILE

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Speeding. Police chief pushes for vehicle seizures

Edmonton Police Chief Rod Knecht has made another push for a new law to target excessive speeders, but so far the province isn't budging.

Knecht is looking for new legislation that would allow police to seize the vehicle of anyone caught speeding more than 50 kilometres over the limit. The idea was endorsed last Friday in a resolution from the Alberta Association of Chiefs of Police.

Knecht said some people are not getting the message, and he believes vehicle seizures would underscore the point.

"We just don't want to see people killed," he said on Monday. "At the end of the day, this is about saving lives."

Knecht said people going that fast can lose control in an instant.

"There is not much room to negotiate, not much room for error at 200 kilometres an hour," he said.

But Justice Minister and Solicitor General Jonathan Dennis said the province isn't interested in changing the legislation.

"It isn't something that we're considering at this time," he said, adding the government isn't completely closed to the idea, but it is not convinced seizing vehicles would deter lead-footed drivers. "We just haven't seen the evidence that would justify it."

RYAN TUMILTY/METRO



'Adults-only' apt. kicks out new mom

Added stress. Mother who just gave birth is looking for new apartment after eviction from building that doesn't allow kids



JEREMY
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She's been a mom for mere days, but now Lenora Belanger is facing the daunting task of finding a new home.

The 28-year-old has been informed by resident managers at Calgary's southwest Colonial Manor that the building is "adults-only," and she must be out no later than Tuesday —

the actual day little Faith Belanger was expected to be born.

After going into labour on Thursday, Lenora said she's not even able to help pack boxes, relying heavily on her 63-year-old mother, Elaine Belanger, to co-ordinate a temporary move into a relative's place.

"We were only asking for another month," she said. "There was nothing available in July, but we found a number of places for August."

Lenora said she, her mother and partner suffer from financial hardship. During the pregnancy, they had attempted to find a place through the Calgary Housing Company, but the most recent letter from the organization suggests they are on a "low-priority" wait list.

The Belangers and the

building's resident manager, Rick Gravestock, provided different accounts of when the pregnancy was made clear to building management and when the expecting mother was informed of the "adults-only" rules in the manor.

Gravestock said he's simply following the rules, adding the Belangers refused to pay their rent for June after learning of the eviction. Elaine confirmed that \$900 is being put toward a down payment on the new place, whenever she and her daughter find one.

Gravestock said the Belangers could have gone to court to appeal the ruling, but chose not to.

"I think they've just been sitting on their hands ... explain what I am supposed to do, just let everybody squat

and live there?" he said.

Lenora, meanwhile, said the eviction is causing her anxiety to flare up — she's due back at the hospital Tuesday for a doctor-ordered checkup.

"It's been just totally stressful ... this has been really hard on my health," she said. "I don't know what we're going to do."

Susan Coombs of the Alberta Human Rights Commission confirmed landlords are allowed to run adults-only properties. But the practice is barred in Ontario and legal rulings in B.C. and Nova Scotia have also found such regulations unreasonable.

Coombs added any changes to policy would come at the urging of an elected official and be required to go through proper legislative processes.

Wanted. Police seek man on firearms warrants



Michael Ghostkeeper

CONTRIBUTED/CALGARY POLICE SERVICE

Calgary police continued to hunt for a man wanted on a number of firearms warrants on Monday night and they were looking for the public's help to find him.

Police say that on Sunday at about 9:45 p.m. a man allegedly threatened a woman with a shotgun in the 200 block of Village Terrace S.W. before driving away.

Police found the vehicle later in the 1300 block of 17 Avenue S.W., but police believe he fled the area.

Michael Anthony Ghost-

Crime

Accused murderer now also faces sex-related charges

Wilson Clorina, 26, accused in the murder of Chona Manzano, 35, and her five-year-old son, Gabriel, is now facing two sex-related charges stemming from alleged incidents just before the alleged murders.

The Calgary mom and her son were found dead in their home on Evanspark Circle N.W. in May.

Clorina is in custody at the Calgary Remand Centre.

METRO

keeper, 28, is wanted in connection with the incident. Police believe he may be armed and dangerous, so they advise calling 911 if you spot him.

METRO

U of C. Concert set to raise funds for scholarship in late track star's name



Danielle Kendall

CONTRIBUTED/DAVID MOLL

In honour of the late Danielle Kendall, a fundraising concert, with 100 per cent of donations going to the Danielle Kendall Scholarship, will be held June 21 at Woodcliff United Church, 5010 Spruce Drive S.W.

The 22-year-old University of Calgary track star was killed on June 2 while climbing the Cotopaxi Volcano in Ecuador when a massive chunk of ice struck her.

Calgary opera singer Melissa Jackson will perform

at 7:30 p.m. along with musicians Sandra Atkinson, Ernest Atkinson, Barbara Thorson, Shelly Fullerton, Chris Jackson and Donna Romano. METRO

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NEWS

On-street lanes remain largest gap in Calgary's cycling infrastructure

Current options.

A trade-off between comfort and safety on paths versus directness and speed on roads



ROBSON
FLETCHER

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Calgary's transportation network can be summed up in three statistics: 15,000 kilometres of roadway, 800 kilometres of bicycle paths, 26 kilometres of on-street bike lanes.

That's according to Tom Thivener, the city's cycling coordinator, who aims to bring the last number more in line with the first two.

While he described the city's existing collection of bicycle paths as "massive" and "one of the premier networks in North America," Thivener said it's geared more toward recreation than transportation.

"The pathways don't always get you from Point A to Point B," he said. "You need those on-street connections."

A handful of "fearless, dedicated" cyclists do use roads to get around "no matter what," said city transportation engineer Blanka Bracic, but they accounted for only about two per cent of Calgarians in a 2010 telephone poll.

The vast majority fell into either the "confident" category (20 per cent), or "interested" (51 per cent) category, with both groups concerned about riding in traffic, especially on congested high-speed roadways.

"Those kinds of cyclists are the people who benefit from bike infrastructure, and the



Dale Calkins, who regularly rides for both transportation and fun in Calgary, says the new "cycle tracks" downtown are a good start, but the city still has a lot of work to do to make cycling accessible to more people. ROBSON FLETCHER/METRO

more separated you can make it, the better it can be," said Dale Calkins, an avid cyclist and advocate for improved cycling facilities in Calgary.

That's why Calkins is happy to see the city nearing completion of its first set of downtown "cycle tracks" — three-metre-wide bike lanes on 7th Street S.W. that are separated from the rest of traffic by a concrete median.

The city plans to build more and more cycle tracks downtown in the next two

They like bikes

"Tucson adopted a policy about 15 years ago that said whenever a road is being reconstructed or resurfaced, put in a bike lane, if it fits. Now Tucson's got the opposite condition of Calgary — they've got about 1,000 kilometres of bike lane in the metro area."

Calgary cycling co-ordinator Tom Thivener on the Arizona city where he previously lived and worked

years, eventually creating a complete network through the centre of the city.

And while on-street lanes are a major focus in the core, at the peripheries,

plans are in place to expand and connect the network of pathways.

Work continues on the Calgary Greenway, a 138-kilometre trail that will eventually circle the entire city and connect inwards to existing bike paths that currently come to a dead end.

"We'd love to get the whole thing done by 2015 or 2016," said Myrna Dube, CEO of the Calgary Parks Foundation, which is spearheading the project.

We asked: What do you think of Calgary's cycling infrastructure?



Luke Smith, courier

"I guess it leaves something to be desired.... That said, I think Calgary is getting better. There are bike lanes but they don't really go anywhere yet.... I see effort."



Anya Abbas, who tried cycling once

"As a driver, I hate cyclists because they're always on the road. So I don't feel comfortable cycling because I can't go on the sidewalk and can't go on the road."



Alex (last name not given), courier

"It's pretty terrible. It's Calgary: Car is king. It primarily wasn't designed for cycling and them attempting to ram in the bike stuff after the fact is just basically pissing off cars."



Daryl Soup, everyday cyclist

"It's getting better and better and better. It's better than a lot of cities and Calgary is actually trying to make it safer for the cyclists."



Kasey Holberton, who uses an electric bike/wheelchair

"I find (the bike lanes) super-helpful. Riding this, I feel a lot safer just with that line, and even as a driver I know that bikers will stay on the other side of the line."

Changing gears: Day 2

GOING MULTI-MODAL WITH CYCLE/C-TRAIN COMBO



ROBSON FLETCHER

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On Day 2 of my cycle-commuting experiment, I felt surprisingly light as I hopped on my saddle and started pedalling for the office. About half a kilometre from home I realized why: I had forgotten my backpack with my work laptop, my work clothes and, oh, pretty much everything I needed for work.

So, after a quick jaunt back to my front door, I was on the road again, this time with a different route in mind than the scenic collection of river pathways I rode on Day 1.

On Day 2, I was going multi-modal: cycle and C-Train. This not only gave my legs and lungs a break, but it also gave me an excuse to sleep in. Bicycles, you see, are allowed on Calgary's LRT system, but only during non-peak hours. I had to wait until after 9 a.m. to board.

At the 39 Avenue station, I was one of two people pushing mountain bikes on the train. The fit was a little tight, but wasn't much of a problem overall.

Transferring downtown, I found an emptier C-Train and was quite comfortable. Before I knew it, I was at Franklin station and from there it was just a short haul to the office.

I arrived in 31 minutes — half the time it took me on Day 1.

More on the web

- For a full video of Calgarians' thoughts about the city's cycling facilities, go to metronews.ca, where you'll find other exclusive cycling content.

- Watch Day 2 of Metro senior reporter Robson Fletcher's morning commute, as recorded on a chest-mounted GoPro camera.



Want new schools? Support charters: Province

Class crunch. Gov't urges overflowing public system to play ball in contentious charter school expansion

 **JEREMY NOLAIIS**
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Major Alberta school boards are being told new schools announced in much-needed com-

munities last month are "conditional" on them "supporting" and "co-operating" with plans to expand and provide stability for controversial charter schools in the province.

A joint letter dated May 31 from Education Minister Jeff Johnson and Infrastructure Minister Wayne Drysdale to Calgary Board of Education chair Pat Cochrane, which was made public Monday, states boards will be asked to support the publicly funded charter institutions "whether by means

Unfair funding?

"They can kick you out for no reason.... If someone comes to the door of a public school, you can't do that."

University of Saskatchewan doctoral graduate Rick Sawa, who has studied Alberta's charter schools

of transfer of school facilities to charter schools, long-term lease or otherwise."

Edmonton Public Schools confirmed to Metro Monday that it received a similar letter.

The provincial directive is being met with some sharp criticism from opponents of the publicly funded charter buildings, which can pick and choose who's admitted and often have regulations in place — including a cap on the number of students in a class — that may not be found in the public system.

"They are essentially a private school for the middle

class," said Rick Sawa, a University of Saskatchewan doctoral graduate who's studied Alberta's charter-school setup. "They can kick you out for no reason.... If someone comes to the door of a public school, you can't do that."

Last year, the province said there were 8,000 students learning at more than a dozen charter schools in Alberta. Another 6,400 were on the waiting list to get into Calgary's Foundation for the Future Charter Academy alone.



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Premiers talk bullying, energy

Canada's western premiers say bullying is a serious issue and all provinces and territories need to find ways to tackle the new dimension that the Internet brings to the torment.

Following a brief meeting of Canada's western leaders in Winnipeg, Manitoba Premier Greg Selinger said they are putting bullying on the agenda when the country's premiers meet in Ontario next month.

"There are real serious incidents occurring out there,

including through social media ... with very negative and tragic consequences," Selinger said Monday.

Bullying has been thrust into the spotlight following the deaths of Rehtaeh Parsons in Nova Scotia and Amanda Todd in British Columbia.

While the premiers discussed energy issues, they said the proposed Northern Gateway pipeline did not come up.

Premier Alison Redford said there was some discussion in-

stead about a pipeline going in the opposite direction.

"We think that moving resources West to East is important," she said. "There is work to be done.... But I think that there is a great deal of momentum around this."

TransCanada Corp. is considering whether to convert an existing natural-gas pipeline to carry crude oil into Quebec, with the possibility of an extension to Saint John, N.B.

THE CANADIAN PRESS

North American tour

Drake tickets go on sale Friday

On the heels of announcing a new album, *Nothing Was the Same*, Grammy Award-winning recording artist Drake also announced a North American tour, with a stop at the Saddledome.

The tour will hit 41 cities across the continent. Tickets go on sale for the Sept. 29 concert this Friday.

METRO

STEP. Axed jobs program a palpable loss: Survey

Thousands of children, families and post-secondary students are feeling the impact of the cancellation of a popular employment program, according to results from a survey released Monday.

When the 40-year-old Summer Temporary Employment Program (STEP) was axed in Alberta's March budget, critics said municipalities and non-profits that used the program would feel its loss.

A survey released by the Inter-City Forum on Social Policy and the Edmonton Social Planning Council confirms that's the case.

A total of 234 surveys were completed, and 58 per cent of survey respondents said fewer people will be able to access their programs, and 44 per cent said vulnerable low-income families will not be able to access free summer programming. **ANNALISE KLINGBELL/METRO**

Calgary's emergency management software described as best around

Massive data sharing.

City recognized for making most practical use of advanced software suite

ROBSON FLETCHER
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It's not quite the command centre you see in the movies — with highly pertinent information constantly refreshing on a giant map in real time — but it's not that far off, either.

The Calgary Emergency Management System was recently recognized for going above and beyond anything developed by any other municipality in the country, and likely the continent.

"They kind of took the technology to the greatest extent that Esri Canada had seen," said David Hamilton, an industry manager with the Canadian arm of California-based Esri Inc., the world's largest geographic information-systems company that created much of the software



A screenshot of an example (not real) emergency in Calgary, as seen through the Calgary Emergency Management System. Data overlays include a live traffic camera, real-time locations of a fire, helicopter, and relevant tweets about the situation. Inset: Staff at work inside the Emergency Operations Centre. CITY OF CALGARY

Calgary uses.

While many cities are using now "common operating pictures" to co-ordinate their emergency responses via shared data overlays on digital

maps, Calgary's approach takes things to a new level.

"It's really the first of its kind in North America, as far as we've been told," said Greg Solecki, a manager with the Calgary Emergency Management Agency.

The system shares data among 32 partner organizations — from the police department to ATCO to the Calgary Board of Education — and draws information from social media sites like Twitter and YouTube.

With so much data to work with, the trick is to get the right information in front of the right people, without overloading them with useless noise.

For users of Calgary's system, however, that's as simple as a few mouse clicks or finger taps on a touchscreen.

"If you want to see 311 calls for the last 24 hours, then you can click on that box. If you want to see where the public schools are, then you can click on that box," said emergency

planner Jason Cameron. "And you don't have to have them all open at the same time."

The system is not only accessible from Calgary's emergency management headquarters, it can also be accessed from virtually anywhere via a laptop or tablet device, Solecki said, allowing front-line emergency responders to share in the "actionable intelligence."

The entire software suite cost Calgary roughly \$442,000, according to a city spokesperson.

Strictly nutritious

Pizza provider sees long road ahead in school junk-food fight

Finding the right balance between serving nutritious foods in Calgary schools but also convincing kids to buy them could take years, says the head of a local chain serving up lean pizza pies to students.

Richard Osiowy, owner of Coco Brooks Pizza, revealed details Monday on an agreement he's signed with Calgary Board of Education schools to become the primary food provider at nine city high schools.

Osiowy said he spent more than \$2 million to rid the cafeterias of deep-fryers and retrofit them with spaces to cook up pizzas with a regulated 500-per-serving calorie count. Other items like fruit cups, subs, fruit shakes and the like are also on the menu.

But the owner of the Calgary-based pizzeria chain admits it hasn't been an easy sell for students, especially given that most high schools have one or more convenience stores in close proximity.

"If we don't make a connection and they go off site, we've all lost," he said. "I can make you a pizza that meets any nutritional requirement but if it doesn't taste good — and it doesn't fill me — I'm going to go and buy something else."

JEREMY NOLAIS/METRO

Quoted

"Lately, a lot of information that's been coming in to the EOCs (emergency operations centres) and to emergency managers is Twitter feeds."

Greg Solecki, manager of business continuity, emergency management and recovery for the Calgary Emergency Management Agency

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Riding the revolutionary wave, with their guitars in hand

Stepping up and stepping out. After decades of activism by Grup Yorum, an adoring audience is finally in sync with the band's revolutionary message

 **ELISABETH BRAW**
Metro World News in Istanbul

The door testifies to the kind of visitors who tend to turn up here: It's made from heavy steel. Yes, the police raid this house every so often. That's because its residents are not just the stars of Taksim Square but also Turkey's most prominent revolutionaries, period.

"Right now three of our members, including my wife, are in jail," Cihan Keskek

tells me as he shows me around the house here in the lower-class neighbourhood of Ortaköy where he and his bandmates live in a commune. Yes, this is a Communist band. In fact, in their songs, Grup Yorum propagate a Marxist revolution. "Protest isn't enough," says Keskek, who plays a traditional Turkish instrument similar to a guitar or banjo. "We need a revolution."

Long before anybody thought of occupying Gezi Park, Grup Yorum protested against the "oppressive" Turkish government in its songs, often including writings by leaders like Che Guevara. In addition, the band and a core group of supporters — who also live and work here in this 20-member commune — produce a Communist magazine. On the ground floor they run a café, where guests can peruse radical literature



Long before anybody thought of occupying Gezi Park, Grup Yorum protested against the "oppressive" Turkish government in its songs. METRO WORLD NEWS

and help themselves to mini-guitars, carved in wood by jailed band members.

But the musicians have paid dearly for their activi-

sm. Since the band's inception in 1985, members and supporters have been sent to jail more than 400 times, according to their own calcu-

lations. Members report that during their regular visits to the commune, police officers destroy the interior, particularly the group's recording

studio. Every time the group buys new equipment and builds a new door.

For a long time, Grup Yorum's revolt was a lonely one. People were afraid to attend Grup Yorum's concerts. Media didn't dare to write about the band. But all of a sudden that has changed. Recently Grup Yorum played to some 55,000 fans in Istanbul. They play to rapturous audiences in Gezi. Reflects Keskek: "Now people have passed their fear threshold."

Outside the commune, two members document the revolution, speaking with local residents. They take me to a city park, the Sibel Yalcin Park (named after a female member killed by the police), which Grup Yorum has taken from the city and now operates: No fear there either. The folk music group could celebrate its improbable PR victory over the government.

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Global effort

Canada joins group battling child sexual abuse online

Canada is joining a group fighting online child sexual abuse around the world, Justice Minister Rob Nicholson said Monday, calling it the next step in the government's crackdown on child sex predators.

The Global Alliance Against Child Sexual Abuse Online was started last December to help authorities better identify and assist victims of abuse and prosecute culprits.

THE CANADIAN PRESS

Star speaks out

Streisand criticizes treatment of women by ultra-Orthodox Jews

Entertainer Barbra Streisand waded into one of Israel's touchiest issues Monday on the first major stop of her tour of the country — Jewish religious practices that

separate men and women.

THE ASSOCIATED PRESS

Sandy Hook fallout

Southern governors court Connecticut gun manufacturers

The governors of Texas and South Dakota visited Connecticut on Monday to court gun manufacturers that have threatened to leave since the state passed tough new gun-control laws this year in response to the massacre at Sandy Hook Elementary School.

THE ASSOCIATED PRESS

Journalists freed

Al-Jazeera crew detained in Niger is released

A team of Al-Jazeera journalists was released late Monday after being detained for three days in eastern Niger, where they were held in a prison cell, according to a statement from the Qatar-owned network. THE ASSOCIATED PRESS

Docs protest health care cuts for refugees

One year later. The feds decision to overhaul medical coverage is putting refugees, Canadians in harm's way, argue advocates and doctors

Public health and the public purse are in danger because of cuts to refugee health funding, doctors and refugee advocates said Monday as they protested the cuts across the country.

The federal government overhauled the health care coverage it provides to refugees and refugee claimants one year ago as part of a cost-cutting measure it also said was designed to make Canada less vulnerable to fake asylum claims by cur-

ing access to free health care.

But the changes have thrown the health care support system for refugees into chaos, creating uncertainty for health care providers and refugees alike, advocates said.

The result has been a patchwork approach to treating refugees and refugee claimants that's hurting some of the most vulnerable people in Canada, said Dr. Doug Gruner of Canadian Doctors for Refugee Care.

"If they've got a cough, it could be tuberculosis but we're never going to know because they're not going to the doctor," Gruner said Monday.

"But they are going to the playgrounds, the schoolyards and the shopping centres, putting the rest of us at risk." THE CANADIAN PRESS



Dr. Caroline Walker, left, and Dr. Jesleen Rana put up signs in Toronto. Medical professionals and supporters protested the federal government's cuts to refugee health care on Monday. RICHARD LAUTENS/TORSTAR NEWS SERVICE



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IT'S BETTER TO BE A MEMBER

Boston. Former hitman says he was heartbroken to hear gang talked to FBI

A former American gangster who admitted to killing 20 people was unemotional Monday when describing his work during the trial of his former partner, James "Whitey" Bulger — but he called himself heartbroken when he learned that Bulger had become an FBI informant.

John Martorano was questioned about a string of murders he committed while he, Bulger and Stephen "The Rifleman" Flemmi were members of the Winter Hill Gang.

"They were my partners in crime, they were my best friends, they were my children's godfathers," Martorano said.

He said he was stunned to learn years later that Bulger and Flemmi had been providing information to the FBI at the same time they were committing crimes.

Martorano, 72, is one of three former Bulger cohorts who co-operated with the government and agreed to testify against Bulger in return for reduced sentences.

Martorano described how he said Bulger first became involved with former FBI Agent John Connolly Jr. He said Connolly met

On trial

James "Whitey" Bulger, now 83, was one of the nation's most wanted fugitives for years until he was caught in 2011.

- He is charged in a broad racketeering indictment that accuses him of participating in 19 murders in the 1970s and '80s.

with Bulger's brother, former Massachusetts Senate President William Bulger, in the mid-1970s to express his gratitude for being a mentor to him and to offer him help if needed.

Martorano said Whitey Bulger told him that his brother had told Connolly, "If you could keep my brother out of trouble, that would be helpful."

Martorano said that after that, Connolly helped the gang by tipping them off to investigations.

Connolly was convicted of racketeering for tipping off Bulger to an indictment, causing him to leave Boston in 1994.

THE ASSOCIATED PRESS

Killers and kin

"They were my partners in crime, they were my best friends, they were my children's godfathers."

John Martorano, former member of the Winter Hill Gang

Royal in recovery

Prince Philip leaves hospital

Britain's Prince Philip was discharged from hospital on Monday, 10 days after undergoing exploratory surgery on his abdomen.

Buckingham Palace said the royal was "in good condition and good spirits."

Philip, who turned 92 last week, had an operation under general anesthetic on June 7.

He has suffered heart and bladder problems in the past, but officials have not released details about his current condition.

The palace said the prince is expected to spend two months convalescing, initially at Windsor Castle near London. THE ASSOCIATED PRESS

Of planes and pens

F-35 maker inks deal with flight sim company

The U.S. manufacturer of the oft-maligned F-35 has signed a deal with a leading Canadian maker of flight simulators in anticipation of the Harper government choosing to stick with the controversial stealth-fighter program.

The deal between Lockheed Martin and CAE was announced as associate defence minister Kerry-Lynne Findlay declared that no decision has been made on replacing the CF-18 fleet.

Defence analysts say the U.S. giant is hedging its bets as the decision on whether there will be a full-blown competition gets closer. THE CANADIAN PRESS

'Trust me' mayor nabbed for bribery

Montreal. Special police unit arrests two others for corruption, is investigating suicide

The replacement Montreal mayor, who recently took office amid a corruption scandal and who promised to restore public trust, has been arrested in a bribery case.

Mayor Michael Applebaum was picked up at his home on Monday by Quebec's anti-corruption unit as part of a broader investigation.

There were widespread calls for Applebaum's resignation as he was slapped with 14 charges, including fraud, conspiracy, breach of trust and corruption in municipal affairs.

Just seven months ago he ascended with a promise to lead Montreal out of its era of sleaze.

"We will regain the confidence of our citizens," Applebaum said at the time.

The charges stem from alleged acts that occurred between 2006 and 2011, before he became mayor, relating to real estate projects in the west-end borough Applebaum led.

Police said they believe bribes were paid to influence zoning and permit decisions.

"We can no longer tolerate these reprehensible acts," Robert Lafreniere, head of the provincial police anti-corruption squad, said on Monday.

Also arrested was a former employee of the Harper government.

Saulie Zajdel — nicknamed the "Shadow" MP, as the Tories hoped to gain a foothold in Montreal in 2011 — faces five charges including bribery, breach of trust, fraud and corruption.

An investigative report by



Montreal Mayor Michael Applebaum rose to his position with a promise to rebuild trust. RYAN REMIORZ/THE CANADIAN PRESS

the French CBC said the third man arrested Monday, borough official Jean-Yves Bisson, once admitted to having discussed a condo project with figures linked to the Mafia.

Police also confirmed that the recent suicide of Robert Rousseau, a permits-and-inspections official at the Cote-des-Neiges-NDG borough, is part of their investigation.

At the time of Rousseau's death in March, the French CBC reported that he had been interrogated by police the previous day about the same condo project. THE CANADIAN PRESS

Americans have a laugh

There was a particularly humorous reaction in the U.S., where Toronto Mayor Rob Ford's ongoing troubles have provided considerable fodder for comedians.

• The Atlantic magazine ran a story on its website titled: "What the Heck Is the Matter with the Mayors of Canada?" The article began: "So a Canadian mayor was arrested Mon-

day and, no, it was not the one you expect."

• There was a similar response on the Gawker website: "A major Canadian city woke up to find out that its mayor had been arrested at his home," began a post, "and it wasn't even the guy who smoked crack on video!" — an allegation about Toronto's mayor that has not been proven.

U.S. does not spy on Canadians: Ambassador



U.S. ambassador David Jacobson
THE CANADIAN PRESS FILE

In his nearly four years as U.S. President Barack Obama's envoy to Canada, David Jacobson has always stressed his desire to bring Americans and Canadians closer.

But in the wake of intense debate over the U.S. National Security Agency collecting large swaths of data on its citizens from major Internet companies, Jacobson makes one large distinction.

"The United States does not spy on Canadian citizens," Jacobson told The Canadian Press on Monday.

Leaked NSA documents obtained by Britain's Guardian newspaper disclosed how the top-secret program called Prism has given the U.S. government access to a huge cache of digital information.

That has sparked a probe by Canada's privacy com-

missioner, Jennifer Stoddart, about the implications of that U.S. program for Canadians.

"The United States government respects privacy, they respect individual liberties," Jacobson said.

"Quite frankly, these are concepts that in large measure were invented in my country. We care very much about them."

THE CANADIAN PRESS



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NSA leaker Snowden hits back at American critics

Intelligence. In web chat, man in hiding remains defiant over decision to release secret documents

Edward Snowden, the National Security Agency leaker, defended his disclosure of top-secret U.S. spying programs in an online chat Monday with The Guardian and attacked U.S. officials for calling him a traitor.

"The U.S. government is not going to be able to cover this up by jailing or murdering me," he said. He added the government

Quoted

"Being called a traitor by Dick Cheney is the highest honour you can give an American."

Edward Snowden



Edward Snowden, who worked as a contract employee at the U.S. National Security Agency, is seen in Hong Kong on June 9. Snowden defended his actions in a live chat with The Guardian newspaper on Monday. THE GUARDIAN/THE ASSOCIATED PRESS FILE

immediately and predictably destroyed any possibility of a fair trial at home" by labelling him a traitor, and indicated he would not return to the U.S. voluntarily.

Congressional leaders have called Snowden a traitor for re-

vealing once-secret surveillance programs two weeks ago in The Guardian and the Washington Post. The National Security Agency programs collect records of millions of Americans' telephone calls and Internet use as a counterterrorism tool. The

disclosures revealed the scope of the collections, which surprised many Americans and have sparked debate about how much privacy the government can take away in the name of national security.

THE ASSOCIATED PRESS

Fallout. Report of British snooping on foreign diplomats raises hackles

A newspaper report that British eavesdropping agency GCHQ repeatedly hacked into foreign diplomats' phones and emails has prompted an angry response from traditional rival Russia and provoked demands for an investigation from Turkey and South Africa.

Although spying on diplomats is as old as diplomacy itself, The Guardian's report laid out in explicit detail steps taken by GCHQ to monitor foreign officials' conversations in real time, saying that British spies had hacked emails, stolen passwords and gone so far as to set up a bugged Internet cafe in an effort to get an edge in high-stakes negotiations.

The Guardian cited more than half a dozen internal government documents provided by former NSA contractor Edward Snowden as the basis for its reporting on GCHQ intelligence operations, which it says involved, among other things, hacking into the South African Foreign Ministry's computer network, targeting the Turkish

No comment

Speaking at the G8 summit, U.K. Prime Minister David Cameron declined to address the issue.

- "We never comment on security or intelligence issues and I am not about to start now," he said.

delegation at the 2009 Group of 20 summit in London and using the vast spying base at northern England's Menwith Hill to monitor the satellite communications of Russian leader Dmitry Medvedev.

Russians responded angrily. "It's a scandal! The U.S. and British special services tapped Medvedev's phone at the 2009 G20 summit. The U.S. denies it, but we can't trust them," Alexei Pushkov, the chief of the foreign affairs committee in the lower house of Russian parliament, wrote on his Twitter feed Monday. THE ASSOCIATED PRESS

Syria

Be wary of arming rebels: Assad

Syria's president warned that Europe "will pay a price" if it delivers weapons to rebels fighting to topple him, saying in an interview published Monday that arming them would backfire as the "terrorists" return to their countries with extremist ideologies.

Bashar Assad's comments were his first since a decision by U.S. President Barack Obama to authorize weapons and ammunition shipments to Syrian rebels.

leaders wanted to address the fierce fighting and also wanted to secure chemical weapons in the country. The U.S. president said both sides would work to develop talks in Geneva aimed at ending the country's bloody civil war.

While Putin has called for negotiated peace talks, he has not urged Syrian President Bashar Assad to leave power, and he remains one of Assad's strongest political and military allies.

THE ASSOCIATED PRESS



U.S. President Barack Obama meets with Russian President Vladimir Putin in Enniskillen, Northern Ireland, on Monday. They discussed the ongoing conflict in Syria during their bilateral meeting. EVAN VUCCI/THE ASSOCIATED PRESS

Alleged harassment

Students seek asylum in Uganda

Sixteen Rwandan students are seeking asylum in Uganda, saying they are the victims of harassment by security officials back home for refusing to join a Congolese rebel movement that allegedly recruits inside Rwandan territory.

The allegations are the latest sign that the Rwandan government is the not-so-secret backer of the M23 rebel group in Congo.

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Apple has joined other firms in releasing figures on data requests from U.S. government agencies. AFP/GETTY IMAGES FILE

Apple reveals government request totals

Privacy. Firm received thousands of demands from law enforcement over past six months

Apple says it received between 4,000 and 5,000 requests from U.S. law enforcement for customer data for the six months ended in May.

The company, like some other businesses, had asked the U.S. government to be able to share how many requests it received related to national security and how it handled them. Those requests were

Common requests

- Apple said that the most common form of request came from police investigating robberies and other crimes, searching for missing children, trying to locate a patient with Alzheimer's disease, or hoping to prevent a suicide.

made as part of Prism, the recently revealed highly classified National Security Agency program that seizes records from Internet companies.

THE ASSOCIATED PRESS

Market Minute



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Northern Gateway

Project will benefit all Canadians, panel hears

A lawyer for the Northern Gateway oil pipeline told a federal review panel Monday that there are many reasons the controversial project should be approved — billions of them, in fact. Richard Neufeld stressed that the

pipeline between Alberta and the B.C. coast will ensure Canadian producers get full market value for their product. And he said that will benefit all Canadians. "It's going to allow our country to enjoy tremendous economic benefits that would be afforded by this project, while at the same time providing fair and reasonable protections for local and regional interests," he said. **THE CANADIAN PRESS**

Foreign ownership

U.S. telcos likely not keen on Canuck wireless market, says analyst

Big U.S. carriers Verizon and AT&T could find access to Canada's wireless market too small for their liking, with new entrants like Wind Mobile or Mobilicity offering few incentives to head north, says a telecom

analyst. "If you wanted to come into Canada, you'd want to come in to dominate it," said Iain Grant of the SeaBoard Group.

The Globe and Mail reported that Verizon has talked with Wind Mobile investors and also flirted with the possibility of picking up Mobilicity. AT&T, Norway's Telenor and Great Britain's Vodafone were also cited as possible investors, it said. **THE CANADIAN PRESS**

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SCREEN TIME DISRUPTS A GOOD SNOOZE

Lately, there are lots of questions keeping me up at night: Is there actually a Rob Ford crack video? What on Earth is going on in Game of Thrones? Is my wireless router slowly rotting my brain? But what's really causing me to lie awake past my bedtime isn't this cycle of my own erratic thoughts—it's my beloved cellphone.

Checking emails and scrolling through my Facebook news feed has become as much a part of my nighttime routine as brushing my teeth. And I know I'm not alone.

In 2012, Time Mobility released a research study on the mobile habits of 5,000 individuals in eight different countries around the world. Eighty-four per cent of the respondents admitted to sleeping with their mobile phones in their bedroom, 68 per cent choosing to keep their device within arm's reach. As phones and tablets replace alarm clocks and good



SHE SAYS
Jessica Napier
metronews.ca

books as the most ubiquitous bedside accessory, our minds and bodies are beginning to suffer.

Listening to music or watching TV might seem like an ideal way to unwind after a long day, but staring at backlit devices late at night can actually trick your body into thinking it's daytime and disrupt the length and quality of your sleep. The artificial light emitting from tablet and smartphone screens is a form of optical radiation that effectively inhibits sleep-promoting neurons in the brain and suppresses the release of melatonin, an important hormone that helps to regulate our internal clock. In fact, two hours of exposure to a bright screen at night can reduce melatonin levels up to 22 per cent.

Far from lulling us to sleep, those late-night Netflix marathons are actually disrupting our body's natural circadian rhythms and keeping us up at night.

Those of us getting less than the recommended seven to eight hours of sleep a night are susceptible to a myriad of physical and cognitive side effects including elevated blood-pressure levels, reduced mental clarity and heightened risk of diabetes and obesity.

Most of us know the importance of a good night's sleep but we don't necessarily think twice about satisfying our late-night tech cravings.

Most doctors recommend switching off at least an hour before your head hits the pillow. It's also wise to relocate mobile devices away from the bedroom to prevent heavy users from checking messages in the middle of the night.

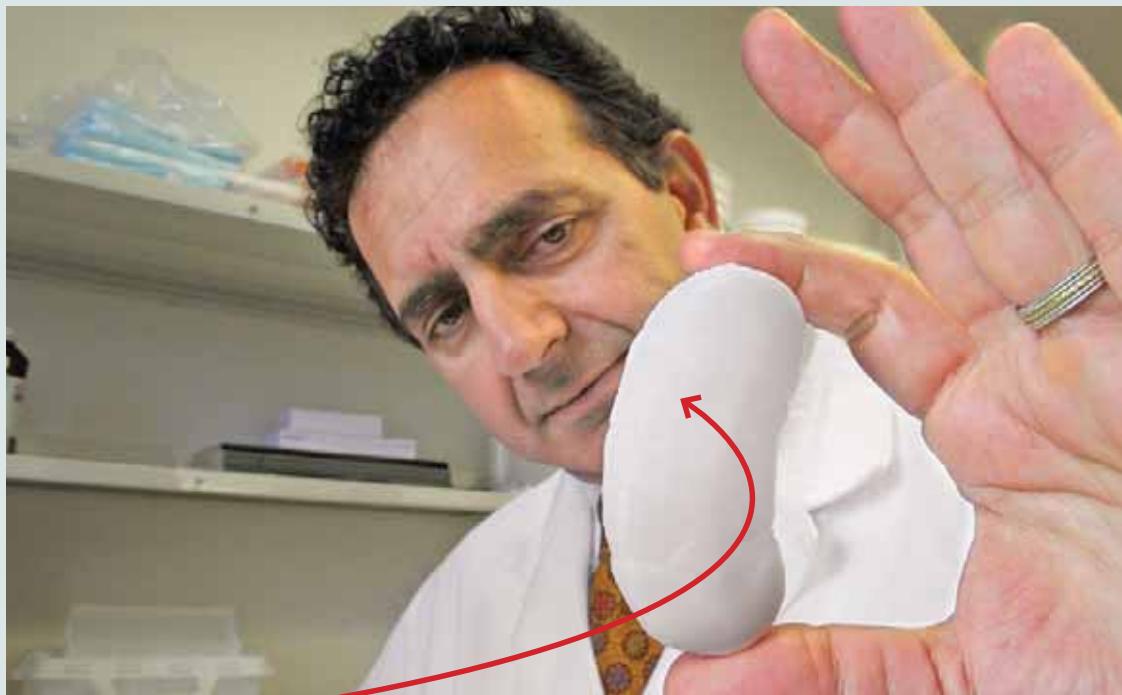
The thought of sleeping in a different room than your iPhone might give you separation anxiety, but the mental and physical damage caused by 24-hour mobile habits are far worse than a couple of missed emails.



Follow Jessica Napier on Twitter @MetroSheSays

ZOOM

Organ transplants hot off the printer



ALLEN BREED/THE ASSOCIATED PRESS

Doctors experiment with 3D printers

Dr. Anthony Atala holds the "scaffolding" for a human kidney created by a 3D printer in a laboratory at Wake Forest University in Winston-Salem, N.C.

Instead of depositing ink, the printer puts down a gel-like biodegradable scaffold plus a mixture of cells to build

a kidney layer by layer. Atala expects it will take many years before printed organs find their way into patients.

The university is experimenting with various ways to create replacement organs for human implantation, from altering animal parts to building them from scratch with a patient's own cells.

METRO

Another alternative

- Here's the dream scenario: A patient donates cells that the lab uses to seed onto a scaffold that's shaped like the organ needed. Then, says Dr. Harald Ott of Massachusetts General Hospital, "we can regenerate an organ that will not be rejected."

Not possible yet

There are plenty of challenges with this organ-building approach. One is getting the right cells. Cells from the patient's own organ might not be available or usable. So scientists are exploring genetic reprogramming so blood or skin cells could be turned into appropriate cells. METRO

photographer might make you want to quit your day job and hit the beach, trail or mountains. photosbyzak.com

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Warning: Following this adventurer/



HANNAH ZITNER

hannah.zitner@metronews.ca

The best camera is the one that's with you. Or so the saying goes by photographers-turned-'iPhonographers' too lazy to schlep around a real camera. But luckily you don't have to choose sides in the 'real'-camera-versus-iPhone fight. Follow these professional photographers who use iPhones too.

@chrisconnolly:
This Instagrammer puts his analogue skills to use in the digital realm. Bold colours. Symmetry. Lines. Texture. Check out his digital and film work at 15by8.com.

Comments

RE: It's A Darwinian World Out There, And We're Raising Generation Wuss, published online June 17

Sure. As a parent you're developmentally ready for those realities. Are you really sure the kids are?

Evidence disagrees with you STRONGLY. It's time to cater the content and the timing of the message to the right age groups. We do it with alcohol. We do it with voting. This is catering to what we've learned are the needs and abilities of younger groups.

Talking tough only serves to misrepresent the reasons this is being done. And it makes you look self interested as a parent in my opinion.

Dennis posted to metronews.ca

WE WANT TO HEAR FROM YOU:
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Growing up in my generation it was a hard cruel world. Racism and bullying was an expected norm. If you had social or learning problems, everyone just assumed you'd be pumping gas or in jail by the time you got out of school if you graduated at all.

Today, we as a society have gone to the extreme. There needs to be consequences for our actions. We need to teach our kids that no, you do not win all the time, but just because someone is better at something than you are doesn't mean you are less of a person. Or just because you are better at something than the other person it just makes you better at that. Gigi Green posted to metronews.ca

The universe of Kanye

We're just lucky enough to live in it. Today his new album, *Yeezus*, drops, and we look at the rapper's awesome awesomeness.

MICHELLE CASTILLO
scene@metronews.ca

COLLABORATORS

Entourage 2007 — In one episode, Kanye saved the day when he offered to take Vinny Chase and co. to Cannes on his private plane.



Bon Iver 2010/2013 — Two tracks from *My Beautiful Dark Twisted Fantasy* — Woods and Monster — featured the folk artist's efforts. They work together again on *Yeezus*.



The Cleveland Show 2010 — Kanye stars as Kenny West, Cleveland Jr.'s rival, on the *Family Guy* spinoff. He's reprised his role in four additional episodes since.



Daft Punk 2007/2013 — He sampled the French duo's Harder, Better, Faster, Stronger on *Stronger* and they helped out with three or four "joints" (as Kanye put it) on *Yeezus*.



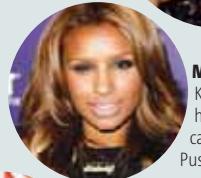
Skrillex 2013 — Kanye and the Dubstep king confirmed they collaborated on a track for *Yeezus*.



Brooke Crittenton 2004 — While taking a break from *Phifer*, Kanye dated the *Harlem Heights* star.



Melody Thornton 2010 — Kanye was seen holding hands and attending red carpet events with the former *Pussycat Doll*.



Selita Ebanks 2010 — After the Victoria's Secret model starred in his *Runaway* video, the two reportedly got together.

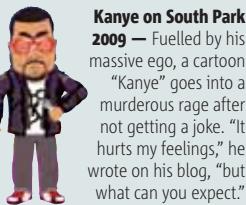
Kim Kardashian 2012 to present — Kanye just had a baby girl with the reality TV star, who also inspired tracks like *Cold*.

LOVERS



CONTROVERSIES

Kanye vs. Taylor Swift 2009 — You remember the below. Kanye would apologize to Swift for interrupting her MTV award win, but took back the apology just this week.



Kanye on South Park 2009 — Fuelled by his massive ego, a cartoon "Kanye" goes into a murderous rage after not getting a joke. "It hurts my feelings," he wrote on his blog, "but what can you expect."



Kanye as Hitler 2011 — Kanye says that people look at him as if he's Hitler, during a British concert. The crowd boos.



Obama vs. Kanye 2009 / 2012 — After his MTV antics, the president called Kanye a "jackass" — twice. "I don't give a f—k what the president's got to say," Kanye rapped.



Donda West Plastic Surgery Law 2009 — California governor Arnold Schwarzenegger signs a law requiring people to undergo a physical examination before undergoing plastic surgery after Kanye's mother dies during a cosmetic procedure.



Fatburger 2008 — Kanye opened up a branch of the chain in his hometown of Chicago, but it closed down in February 2011.



Louis Vuitton X Kanye West 2009 — The rapper released three styles of high-top sneakers — Don's, Jasper's and Mr. Hudson's — and announced his intent to change his name to Martin Louis the King Jr.



Nike Air Yeezy 2009, 2012 — The rapper was the first non-athlete to work with the brand, and has released two editions to date.



LIFESTYLE



Angelina Jolie and Brad Pitt

Pitt: It's 'business as usual' for Jolie after treatment

Brad Pitt says Angelina Jolie is recovering from her voluntary double mastectomy and that it's "business as usual" following the treatment. "Her focus now is that all people have access to testing. If you do your research it doesn't have to be scary,"

it can be an empowering thing," Pitt tells Good Morning America while promoting World War Z, his latest film. "It's business as usual, she's doing great. When she wrote (her New York Times essay), we had already come out the other end."



Kate Middleton

Due date looming, Kate's done with appearances

Kate Middleton made her final public appearance this weekend before the birth of her first child, due next month, according to Radar Online. Flanked by her husband, Prince William, and her brother-in-law, Prince Harry, the Duchess of

Cambridge smilingly observed the Trooping of the Colours parade in celebration of the Queen's birthday dressed in a pink coat and hat. Kate and William's child is due in mid-July.



Twitter



@TheRealRosanne

just experienced my fourth earthquake in six weeks-
omg



@RickiLake

I know I'm a little late, but Downton Abbey is
soooooo good.



@lenadunham

Can someone tell me whether we're supposed to be
offended by Johnny Depp's portrayal of Tonto or not?
Must know for dinner parties/twitter.

Nigella Lawson's hubby insists throat grab on his wife was a 'playful tiff'

Police are investigating an apparent incident between celebrity chef Nigella Lawson and her husband, advertising executive Charles Saatchi, during which he reportedly grabbed her throat at a London restaurant, according to the Mirror. Witnesses say Lawson left the lunch in tears. "Officers from the Community Safety Unit in Westminster are aware" of the incident, a police spokesperson says. "Inquiries are in hand to establish the facts of the incident." But Saatchi insists it was just a "playful tiff," telling the Evening Standard, "We were sitting outside a restaurant having an intense debate about the children, and I held Nigella's neck repeatedly while attempting to emphasize my point."

"There was no grip. It was a playful tiff. The pictures are horrific but give a far more drastic and violent impression of what took place," Saatchi added.



Nigella Lawson ALL IMAGES GETTY

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word

Show of unity from Sharon and Ozzy amid divorce rumours



THE WORD

Dorothy Robinson

scene@metronews.ca



Despite the rampant rumours that Ozzy and Sharon Osbourne are divorcing, the two looked very cosy on Sunday night at the 40th annual Daytime Emmy Awards in Beverly Hills, Calif. Allegations have swirled since April that the long-married pair are living separately, with Ozzy in a rented Beverly Hills mansion and Sharon at the Beverly Hills Hotel.

"They are living at different addresses and not spending any time together," a source recently told the Sun. Ozzy talked about the divorce rumours on social media. "For the last year and a half I have been drinking and taking drugs," Ozzy wrote on his Facebook page in April. "I was in a very dark place

and was an a-hole to the people I love most, my family. However, I am happy to say that I am now 44 days sober. Just to set the record straight, Sharon and I are not divorcing. I'm just trying to be a better person." And now they are having a date night. All together now: "Awwww."



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Prep for the first summer sun

Brown skin does not always mean burnt skin. Five things to check off your list before smothering yourself in tanning oil

ROMINA MCGUINNESS
life@metronews.ca



Which SPF should I use?

"People with fair skin (types 1 and 2) should always wear a waterproof sunscreen with an SPF 30 to 50, and darker types (three to six), an SPF of at least 15," Dr. Nick Lowe, skin care expert and founder of the Cranley Clinic in London, tells Metro.

Make sure your sunscreen contains a proven UVA protection.

"UVA rays are aging and UVBs are burning. Whereas UVB rays damage the skin's more superficial epidermal layers, leading to redness and burns, and later cancers, UVA rays penetrate the skin more deeply."

Should I be worried about moles?

"Melanoma is a form of skin cancer that arises in a pigment cell. People tend to associate melanoma with moles (they contain more pigment cells, meaning you've got more to damage and more to change into a cancerous cell) when in reality, they only account for 50 per cent of cases. The other 50 per cent arise from pigment cells in the skin that turn into what looks like a mole. So you need to look out for any change in an existing mole," Lowe explains.



Is there anything I absolutely need to take to the beach?

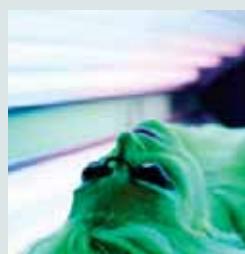
"If you're going to spend the day in the sun, especially between 10 a.m. and 3 p.m., when the rays are most damaging, make sure you have sunscreen, sunglasses and a hat," says Lowe. "Ideally, invest in sun protective clothes and accessories that come with an SPF of 50 plus from brands such as Coolibar (coolibar.com). Unlike lotion, it doesn't wear or wash off."

After a few days in the sun, I drop my SPF, right?

It doesn't matter whether it's the first time or 10th time you go in the sun, never decrease the SPF factor you started off with.

"A lot of people reduce their SPF the minute they get a tan. They mustn't do that," warns Lowe.

Why? Because even though our skin has a natural SPF, it's tiny compared to how much you need. "The protection increases with your natural skin colour so the darker your skin the more protection your tan will give you," he explains.



If I get a salon tan, am I less likely to burn?

"The danger of sunbeds is that they fool people into thinking they're protected when in reality, the resultant tan is very poor as the pigment doesn't spread uniformly across the skin," says Lowe. According to The Skin Cancer Foundation, the high-pressure sun lamps used in salons emit doses of UVA almost 12 times that of the sun.

Understanding your skin type, by Dr. Nick Lowe

Skin Type 1

Characteristics: red heads, very fair skin, freckles
Burns: always burns, never tans
Summer sunburn time: 7 to 10 mins
Recommended SPF protection: 50 + UVA

Skin Type 2

Characteristics:
Burns: burns easily, minimum tanning, tans very light brown
Summer sunburn time: 10 to 20 mins
Recommended SPF protection: 30 + UVA

Skin Type 3

Characteristics:
Burns: moderate burns, tans to light brown
Summer sunburn time: 20 to 30 mins
Recommended SPF protection: 20 + UVA

Skin Type 4

Characteristics:
Burns: minimal burns, tans well
Summer sunburn time: 60 mins
Recommended SPF protection: 15 + UVA

Skin Type 5

Characteristics:
Burns: rarely burns, tans to dark skin
Summer sunburn time: 90 mins
Recommended SPF protection: 15 + UVA

Skin Type 6

Characteristics:
Burns: rarely burns, already deeply dark
Summer sunburn time: 120 mins
Recommended SPF protection: 15 + UVA



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Best Health

Give Nordic walking a chance



BEST HEALTH MINUTE
Bonnie Munday
Editor-in-chief
Best Health Magazine

You've seen those people striding along the streets and through parks with poles in their hands.

They're doing Nordic walking, or urban poling, a super-charged fitness routine that will give you a low-impact, full-body workout.

The latest issue of Best Health magazine profiles a few women who love this activity.

Nordic walking was created in Finland in the 1930s and has been growing in popularity in North America and Europe since the 1990s.

Walkers use a pair of lightweight poles similar to cross-country ski poles, but shorter.

They use 600 muscles in the entire body, burning about 400 calories an hour. Regular walking burns about 330 calories.

How should you dress?

Just as you would for a brisk walk: wear layers in cool weather, and comfortable walking shoes.

Expect to pay about \$60 and up for a decent pair of poles, which should be about two-thirds of your height.

Some parks and recreation departments across Canada lend poles so you can try them out.

You can take a lesson or two from an instructor certified by an organization such as the Canadian Nordic Walking Association (cnwa.info) to make sure you have proper form.

Walk on your own, or find a group at urbanpoling.com, through your local kijiji.ca or meetup.com listings, or at your local recreation centre.

TO CLAIM YOUR FREE COPY OF A FUTURE ISSUE OF BEST HEALTH MAGAZINE, GO TO BESTHEALTHMAG.CA/METRONEWS.

Hey! I want my zinc back

Health. Taking the pill? It might be leaching nutrients from your body

LINDA CLARKE
Metro World News

Ross Pelton, author of *The Pill Problem*, says that his career has bridged two worlds: that of a registered pharmacist dealing with medications and that of a certified clinical nutritionist concerned with natural healing.

This duality has led him to discover what he calls drug-induced nutrient depletion. This side effect of medications can't be measured in nausea, vomiting, headaches or whatever is on those unappealing lists. Rather, drug-induced nutrient depletion happens slowly, over time, as a medication either inhibits absorption or production — or leaches — nutrients from the body. Among the many common drugs that produce



Oral contraceptives can deplete regular nutrients. ISTOCK PHOTOS

this are oral contraceptives, which prompted Pelton to write *The Pill Problem*.

"As a class of drugs, oral contraceptives have an enormous effect on nutrients," said Pelton. "They deplete all B-vitamins, magnesium, selenium, zinc, tyrosine and co-enzyme Q10. The only other medication that comes close to its effect on nutrients is steroids."

According to Pelton's book, without these nutrients, ailments such as depression, sexual malaise, lack of energy and insomnia can develop. To avoid this, Pelton recommends nutritional supplements to counteract the depletion.

"Even with a healthy diet, you can't get the therapeutic levels needed," he said.

"I'm concerned with opti-

More help

Besides a good quality multi-vitamin and mineral supplement, Pelton recommends additional supplements, too

- To counteract depression. "Folic acid helps," he said. "We now know that it should be taken in the form of l-methylfolate, the active form. Tyrosine, which is an amino acid, is also necessary. 5HTP and B6 are needed for serotonin production, which helps with mood. Lowered serotonin means lower melatonin, which causes sleeping problems, increasing depression."

mal health and the prevention of illness. Women who take oral contraceptives should take a high-potency multi-vitamin and multi-mineral supplement to provide adequate levels to prevent problems."

How to feel good naked

Health. The author of *WomanCode* turns your body into a "power source" with these tips

MEREDITH ENGEL
life@metronews.ca

Bloating. Zits. Decreased sex drive. If you're a woman, and you're aging up, we may have just described your average Tuesday night. Alisa Vitti, a hormonal health expert and the author of *WomanCode*, a book about "supercharging your sex drive," says it doesn't have to be that way.

"What's normal is a sex drive that increases as you age," she says. "You need to train the body to maximize the kinds of foods that provide us with micronutrients that help us produce optimal levels of hormones."

AVOID



Avoid



Small quantities only



Avoid



Load up on



Load up on



Load up on

keeps you balanced in terms of your mood.

GREEN JUICE: The anti-oxidant glutathione, present in raw fruit and vegetables, helps with egg quality, liver detoxification and to protect the ovaries. One juice a day is enough; just blend together some kale, cucumber, parsley, ginger, lemon and apple.

SPINACH and KALE: The dark, leafy greens contain calcium and magnesium that help the body break down and eliminate estrogen, which in excess, is at the root of many hormonal symptoms.

of estrogen, which can very often exacerbate many hormonal symptoms. However, small quantities of fermented soy, such as miso paste, tofu and tempeh, are OK.

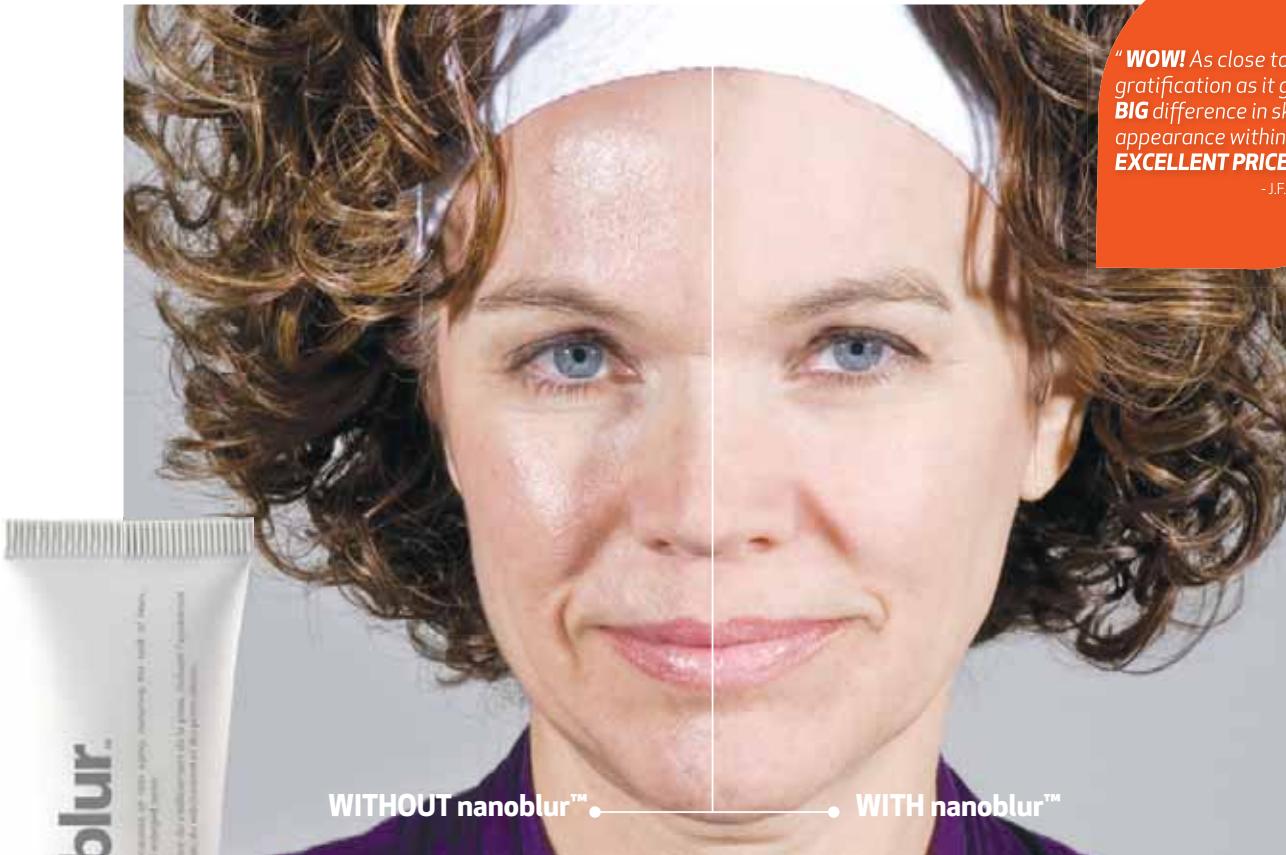
SOY: More specifically, soy protein isolate. It's packed full

and sesame seeds are good alternatives to dairy.

WHEAT: Or the protein that gives wheat-based foods such as pizza their chewy texture: gluten. It has been shown to decrease fertility in some individuals by raising stress levels.

EGGS: Help the body make progesterone, the hormone that opposes estrogen and

nanoblurTM



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Keep your cool during menopause

Q: I had my period return after 3 months I started on May 14th and I still have my period. I thought I had finished last night but I started again late this morning. Is this normal?

Ms. P. Lasalle

Josée Fortin, B.Sc., NDA



R: This is very common and is related to the fluctuation of hormones that happens during pre-menopause. You can take Vitex from A.Vogel, which helps support hormone production in the ovaries and make the transition into menopause easier on the body. It helps restore a balance in the levels of estrogen and progesterone, which in turn helps with sleep disorders, hot flashes, heavy bleeding, irregular menses, mood swings, acne and weight gain that can happen during this time. If the bleeding is very heavy, you should check with your doctor to rule out the presence of fibroids or cysts.

As you enter true menopause (when you miss 3 or more periods in a row), you may want to switch to A.Vogel's Vital Energy, which nourishes the adrenal glands and fights fatigue with a pleasant "zen-like" energy. It will also help with insomnia, promoting a healthy sleep cycle and will help you deal with anxiety and stress better—something that can often be taxing during menopause. And since you're likely to experience hot flashes (almost 80% of women do), you'll want to keep a bottle of A.Vogel Menopause on hand. It's made from an extract of fresh sage and has been clinically proven to reduce the frequency and severity of hot flashes and night sweats.

These simple suggestions should get you a little closer to hormonal harmony!

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A story of a pilgrimage and food transformation

New book. Cooked: A Natural History of Transformation looks at how the elements transform items from nature into food

Michael Pollan makes a powerful argument for home cooking in his new book Cooked. Not only is cooking healthier, but it's also an important life skill he was surprised to find is pleasurable and rewarding.

"Whether you regard cooking as drudgery or alchemy is really in your head and it's really in the attitude you bring to it," says the author of Cooked: A Natural History of Transformation.

"I'm not trying to persuade people into the kitchen. I'm trying to entice them into the kitchen with the promise of satisfaction, pleasure and that's the surprise," he adds.

"It's easy to argue that cooking is good for you ... but the more important thing is that you're missing out, you're being robbed of incredible pleasure and satisfaction in life if you hand this incredible work over to corporations, so take it back for your own good and your own pleasure."

Cooked is an educational pilgrimage in which Pollan, 58, apprentices himself to a series of culinary masters to discover how the classical elements fire, water, air and earth transform items from nature into food. He also shows how cooking involves us in relationships with farmers, history and culture and our family and friends.

The topic of food has been at the forefront of many of his six previous books, including the New York Times bestsellers Food Rules, In Defense of Food, The Omnivore's Dilemma and The Botany of Desire, but he hadn't written about cooking.

"It didn't engage me as a journalist until I realized how important it was to the food system. It really drove what kind of agriculture we had, whether we're cooking or not, and it had a huge bearing on our health and that's really when I decided it would be interesting to write about it," Pollan said during a recent visit to Toronto.

He says he'd always been

MICHAEL POLLAN
Author of THE OMNIVORE'S DILEMMA



COOKED
Cooked: A Natural History of Transformation. HANDOUT

impatient and inattentive in the kitchen because he felt pressured to get the task done and move on. But his cooking teacher Samin Nosrat taught him to apply the yoga principles of practice, patience and presence.

"Learning just how to be present when you're chopping onions or whatever the job is and not fight it, not try to multi-task, is very hard to learn. We are so used to multi-tasking, but I tend to see that the great luxury in life is uni-tasking, just doing one thing at a time."

"And when you start doing that in the kitchen this whole world opens up and it's incredibly pleasurable and it really almost is a practice, a meditation. And I say this as someone who is not a spiritual person at all."

The collapse of home cooking has affected the obesity epidemic, says Pollan, who's also a contributor to the New York Times.

"If you look at the numbers, as home cooking has fallen, obesity has risen in America. If you look around the world ... countries that still do a lot of home cooking have lower rates of obesity compared to countries that don't."

The types of foods consumed when you're not cooking at home tend to be full of fat, sugar and additives and the manufacturer has decided the portion size.

"You're not going to have french fries twice a day if you're cooking for yourself. It's too much work," says Pollan, who lives in Berkeley, Calif.

In Cooked, Pollan cites research from the NPD Group that Americans spend 27



Chef Michael Pollan apprenticed himself to a series of culinary masters to discover how elements transform the stuff of nature into food. HANDOUT

Convenient or costly?

We shouldn't always assume convenience foods are convenient

cost \$27.

- Cost vs convenience.** He and his family conducted an experiment. To defrost and heat four ready-made entrees in the microwave took about 45 minutes. The entrees and a dessert

Quote. "You can buy a lot of good food at the farmers market for that price, including meat. It didn't save that much money. It saved effort. It's much easier to watch the microwave carousel spin than it is to chop onions."

minutes a day cooking and four minutes cleaning up.

"And that four minutes should raise eyebrows because how much cleaning up

can you do in four minutes? It suggests that you're kind of crumpling a pizza box and scraping some plates."

THE CANADIAN PRESS

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With the speed of life being what it is, tween/teen kids may be the perfect solution to your healthy dinner dilemmas. Here are three meals that can be made by any 12-year-old. To be sure, run it through together once and then set them free to cook healthy. Pre-chop any ingredients and leave them in the fridge if you are concerned about small amounts of knife wielding, otherwise, these recipes are all safe.



3 healthy meals for kids 12 and up

Almond chicken with Arroz Verde

- 2 tablespoons ground almonds
- 1 teaspoon Dijon mustard
- 2 tablespoons cornmeal
- 1 teaspoon dill seeds
- 1-3 tablespoons water to thin
- 4 boneless skinless chicken breast halves

Mix first five ingredients together to form a paste. Rub on breasts and lay on a non-stick baking sheet. Cover with foil.

Bake in 325 F oven, 45 to 55 mins. depending on thickness of breasts, remove foil about half way.

Serve with Arroz Verde

- 2 large green bell peppers, stem removed, seeded, and chopped
- 1 small can jalapeño peppers
- 1 cup chopped fresh parsley
- 1 large onion, peeled and quartered
- 2 cloves garlic, (or 2

- teaspoons jarred minced garlic)
- 1 teaspoon dried oregano
- 1 teaspoon ground cumin
- 1 tablespoon extra virgin olive oil
- 1.5 cups long-grain brown rice
- 1 litre low sodium chicken broth

In a blender purée until smooth bell and jalapeño peppers, parsley, onion, garlic, oregano, and cumin.

In a large, heavy skillet or casserole with tight-fitting lid, heat oil. When oil is hot but not smoking, add rice and stir continuously for a few minutes to coat rice with oil, but not long enough to let it brown.

Add vegetable purée and half the broth and simmer, stirring occasionally, for 5 minutes. Add the remaining broth and bring to a boil. Reduce heat to moderate, and continue cooking until liquid is absorbed, about 25 minutes. Cover and let sit undisturbed for 30 minutes.



Slow Cooker Barbecued Beef Sandwiches

- 1 1/2 pounds rump roast
- 1 chopped onion
- 4 cloves garlic
- 1/2 cup maple syrup
- 2 teaspoons mustard
- 1 teaspoon chili powder
- 1/3 cup cider vinegar
- 1/3 cup Worcestershire sauce
- 1 3/4 cups barbecue sauce

- 4 large whole grain dinner rolls
- Romaine lettuce leaves
- Sliced tomatoes

In slow cooker, combine all ingredients except sandwich buns, lettuce and tomatoes; mix well.

Cover; cook on high setting 4 to 6 hours or until beef is tender.

Remove beef from slow cooker and slice, place onto a bun and top with lettuce and tomatoes.



Baked Pork Tenderloin with Spinach and Blue Cheese

- 2 packages frozen chopped spinach
- 1-1.5 pounds pork tenderloin, whole and drained
- 2 cloves garlic, pressed
- 2 tablespoons balsamic vinegar
- 1/4 cup red wine
- 2 teaspoons dried oregano
- salt and pepper, to taste
- 6 ounces blue cheese, crumbled



der in the sink until ready to assemble. Break up spinach into large, low casserole dish.

Cut pork tenderloin into 4 equal portions on diagonal and nestle into spinach mix. Sprinkle with garlic, vinegar, wine, oregano, salt, pepper.

Break up blue cheese to spread on top of and around pork. Leave one end uncheesed if blue cheese isn't popular with someone in your home.

Cover with foil and place into 350 F oven to bake for 45 mins. or until the meat's internal temperature reads 145 to 160 F.

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Put the lime in the coconut for a no-bake Island Lime Pie

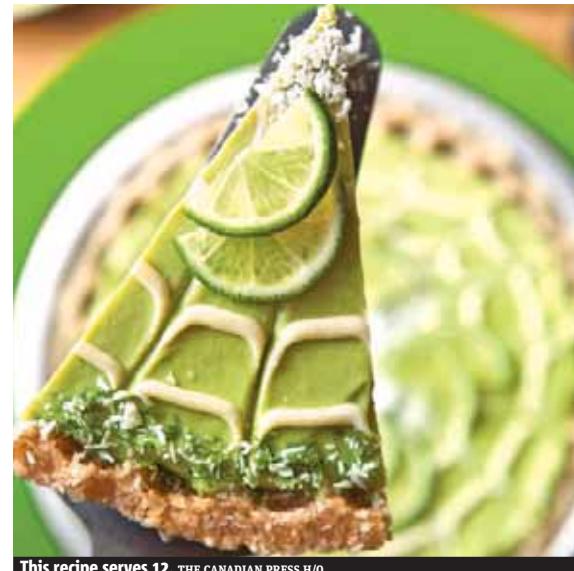
1. Crust: In food processor, chop macadamia nuts into small pieces. Add coconut, dates, vanilla and sea salt and blend to obtain mix that can be formed into a ball.

2. Line bottom and sides of 23-cm (9-inch) pie plate with crust.

3. Avocado Mousse: In food processor, combine avocados, lime juice, coconut butter, agave nectar and vanilla; blend to a smooth cream. Pour into crust. Set aside at room temperature while preparing frosting.

4. Frosting: In blender, combine water, lime juice, nuts, agave nectar, vanilla and sea salt. Blend to smooth cream consistency. If needed, add 15 ml (1 tbsp) more water. While blender is running, incorporate melted coconut oil.

5. Place mix in pastry bag with narrow nozzle. Trace spiral of frosting on pie from centre to rim of pie plate. With chop-



This recipe serves 12. THE CANADIAN PRESS H/O

stick, trace dozen lines in frosting at regular intervals from centre to rim to resemble a spider web. Before serving, garnish with lime slices and grated coconut.

THE CANADIAN PRESS/RAW-ESSENCE BY DAVID COTE AND MATHIEU GALLANT (ROBERT ROSE, 2013)

Ingredients

Coco-Macadamia Crust

- 125 ml (1/2 cup) macadamia nuts
- 250 ml (1 cup) shredded coconut
- 3 chopped seedless dates
- 2 ml (1/2 tsp) alcohol-free vanilla essence
- 1 ml (1/4 tsp) sea salt

Avocado Mousse

- Flesh of 2 to 3 avocados
- 175 ml (3/4 cup) lime juice
- 125 ml (1/2 cup) coconut butter
- 125 ml (1/2 cup) agave nectar
- 2 ml (1/2 tsp) vanilla essence

Frosting

- 50 ml (1/4 cup) water
- 15 ml (1 tbsp) lime juice
- 125 ml (1/2 cup) macadamia nuts
- 10 ml (2 tsp) agave nectar
- 1 ml (1/4 tsp) vanilla essence
- 0.5 ml (1/8 tsp) sea salt
- 15 ml (1 tbsp) coconut oil, melted
- Lime slices, grated coconut

Health Solutions

Bean there, vanilla



NUTRI-BITES
Theresa Albert
DHN, RNCN
myfriendinfo.com

been soaked in alcohol. The pods themselves contain exponentially more flavour and nutrients. In fact, the vanilla bean is one of the top 20 highest anti-oxidant foods.

If you are making a custard or ice cream where the vanilla flavour is crucial, you absolutely want the real deal.

Here's a trick that will make you look like the newest foodie on the block. After scraping the seeds into your dessert, don't toss the pod. Add it to your sugar bowl and cover. Within a week, you will have your own flavoured sugar perfect for sprinkling on cereal or into coffee.

THERESA ALBERT IS A FOOD COMMUNICATIONS SPECIALIST AND PRIVATE NUTRITIONIST IN TORONTO. SHE IS @THERESAALBERT ON TWITTER AND FOUND DAILY AT MYFRIENDINFO.COM

You've seen the little black specks in your vanilla bean ice cream that make it look like there's dirt in it, but have you considered where they came from?

Vanilla beans come from an orchid plant and are technically the fruit of the fertilized flower. The pods are harvested six months after they sprout but before they pop open to spread their tiny, aromatic seeds.

They are then watered, wrapped to ferment and dried in the sun. No wonder they are so expensive. Sheesh.

Is it really worth buying the pods over the "extract"? The extract contains the essence of the bean that has



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Spice up your sorbet

Put a new spin on entertaining. Make recipes that are full of wholesome ingredients, yet simple to create with the help of the ultimate multitasking kitchen tool: a high performance blender.

The new Vitamix 7500, with all of its high tech features, allows you to quickly blend for a flavourful gazpacho. Clean the machine in 30 seconds and then whip up this gourmet Spiced Berry Sorbet.

Vitamix machines take the place of numerous

Ingredients

- 1 cup (150 g) each frozen unsweetened strawberries, blueberries, blackberries and raspberries
- 2 cups (300 g) frozen pitted Bing cherries
- 1/2 oz (14 g) fresh ginger, peeled
- 1/2 cup (120 ml) cold water
- 1/2 cup (100 g) granulated sugar
- 1/2 cup (13 g) fresh mint leaves
- 1/8 tsp each ground cloves and ground allspice
- 1/4 tsp ground nutmeg
- 1/2 tsp ground cinnamon
- 1 tsp vanilla extract



This recipe makes 4 1/4 cups (1 l) NEWS CANADA

kitchen appliances. They finely chop, grind, and blend whole-food ingredients and much more—all in one container.

1. Partially thaw frozen berries and cherries for 20 minutes; set aside.

2. Place ginger, water, and sugar into the Vitamix container and secure lid.

3. Select Variable 1.

4. Switch machine to Start and slowly increase speed to Variable 8. Blend for 20 seconds, until ginger is finely chopped. Stop machine and

remove lid. Add berries and cherries, mint, cloves, allspice, nutmeg, cinnamon, and vanilla to the container with ginger mixture and secure lid.

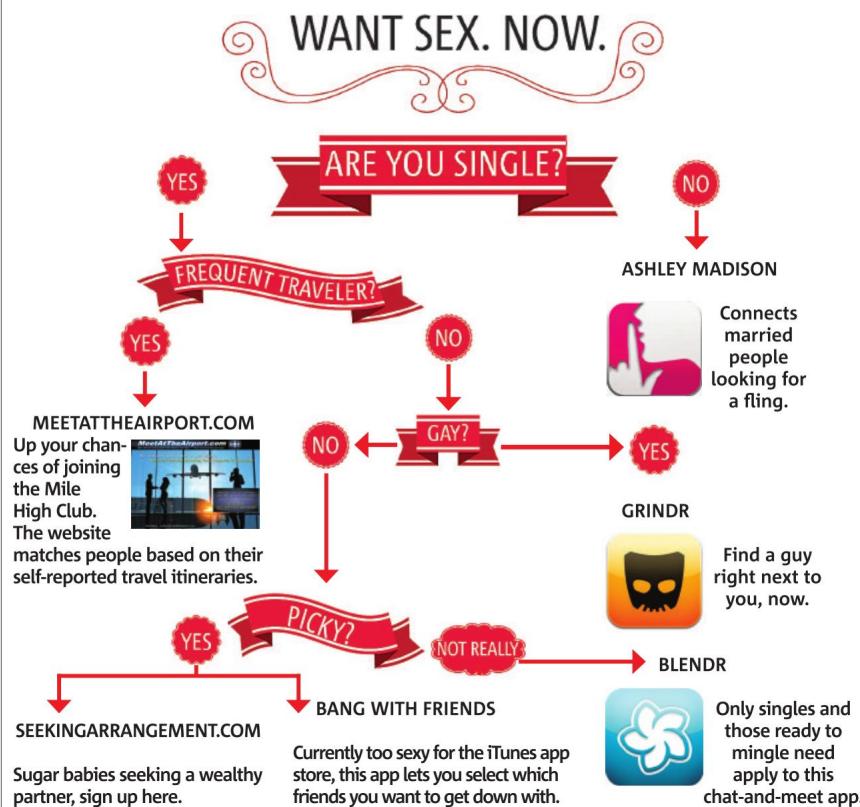
5. Select Variable 1.

6. Switch machine to Start and slowly increase speed to Variable 10, using the tamper to press the ingredients into the blades. In about 25 to 30 seconds, the sound of the motor will change and four mounds should form.

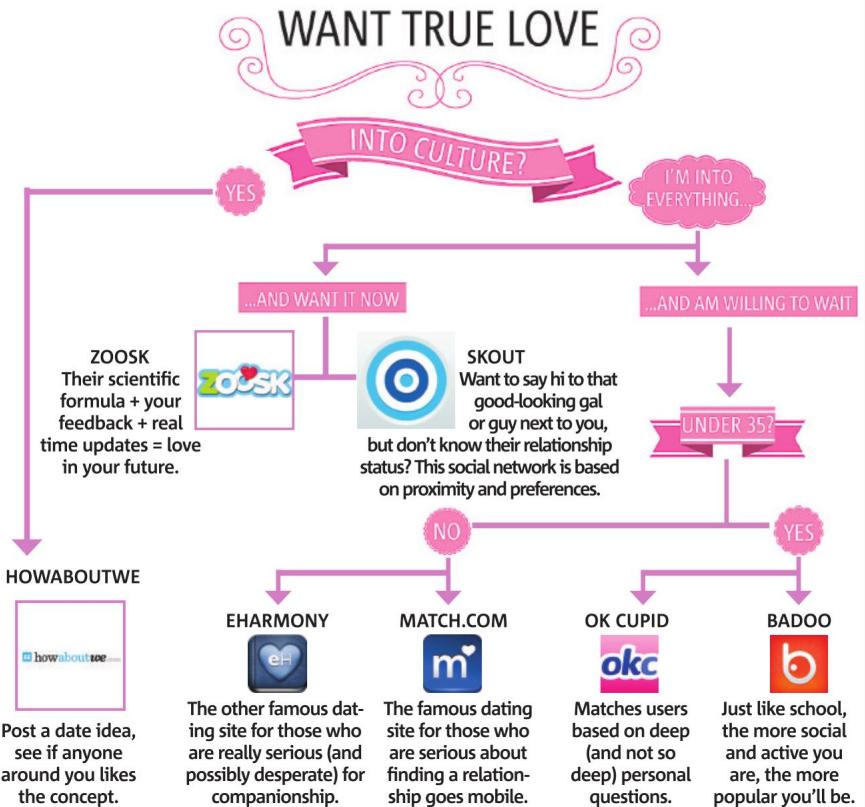
7. Stop machine. Do not over-mix. Serve immediately.

NEWS CANADA

SO YOU WANNA DATE?



New advances in dating technology have made it easier to find someone, but also overwhelming. Thanks to this handy-dandy chart, you'll never be alone again. TEXT: MICHELLE CASTILLO, GRAPHIC: MIA KORAB; METRO WORLD NEWS



The doctor is in, and he's worried about his little girl's love life

MARY ANN GEORGANTOPOULOS
Metro World News

Every dad wants to protect his little girl and help her through life.

Dr. Flanagan — no first name was given — wrote a heartwarming letter to his daughter to let her know she deserves a good man in her life.

The letter was first posted on The Good Men Project, a site set up to "have a conversation about what it means to be a good man."

"I dedicated this post to my daughter ... but I also wrote it for my wife, who has courageously held on to her sense of worth and has always held me accountable to being that kind of 'boy,'" he wrote. "I wrote it for every grown woman I have met inside and outside of my therapy office — the women who have

never known this voice of a Daddy."

After searching a question on Google, Dr. Flanagan found a commonly asked question on "how to keep him interested." This didn't sit well with Dr. Flanagan, who believes a woman should not work to keep a man interested in her.

"Little One, it is not, has never been, and never will be your job to 'keep him interested,'" he wrote.

"Little One, your only task is to know deeply in your soul — in that unshakeable place that isn't rattled by rejection and loss and ego — that you are worthy of interest. (If you can remember that everyone else is worthy of interest also, the battle of your life will be mostly won. But that is a letter for another day.)"

YOU CAN READ THE FULL LETTER AT GOODMENPROJECT.COM

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As we move into the hottest months of the year it's important to make sure your dogs keep cool.

"Overheating is more common in dogs than we realize," says Dr. Barb Bryer, head of emergency medicine at the Veterinary Emergency Clinics in Toronto. "While any dog can overheat, it's more prevalent in breeds with flat faces, such as pugs, boxers and bulldogs, than it is in long-nosed breeds like German shepherds and greyhounds. Overweight dogs are more prone to overheating, as are dark-haired dogs that are out in the sunshine."

Many pet owners are surprised that their dog shows signs of overheating after playing outside.

"When dogs are running in the park together, they may not stop just because they're getting overheated," Bryer says. "It's up to their owners to monitor their activity. The rule to follow is that if the heat is too much for you, it's too much for your dog."

If you suspect your dog may be overheating, stop activity and move your dog to a cool area.

"Dogs cool down naturally by panting and sweating through the pads of his paws," Bryer says.

However, if your dog doesn't return to normal in a few minutes, there are things you can do to help.

"Remove muzzles or dog boots that might be restricting his ability to cool. Put cool water on his feet, under his arms



ANDY DEAN/VEER

and near the groin or use ice packs if he has lots of hair in those areas.

You can also wet the coat with cool water and put a fan on him to cool down.

Do all this slowly and gently, so you're not shocking him by cooling him too fast. Also, be sure to offer him some cool water when he's ready to drink — just

don't force him."

Within a few minutes, your dog should return to a normal temperature and resume its usual activities.

HEAT STROKE IS PREVENTABLE FOR PETS

When a dog becomes overheated it will usually cool down on its own quickly.

Within about 10 minutes or so, his panting will subside, the dog will be calm and, very soon, it will behave just like normal again.

Cooling a dog down with water, fans and cool air will speed the process. But if several minutes pass and you see your dog isn't getting any better, this can be a sign of heat stroke.

Dogs who are suffering from heat stroke will continue to pant, be lethargic and even disoriented.

These signs will not get better as the minutes pass — in fact, you may see the dog appear worse.

"Heat stroke is very dangerous as it



HERREID/VEER

can cause damage to a dog's systems and organs," explains Dr. Barb Bryer, head

of emergency medicine at the Veterinary Emergency Clinics in Toronto. "If you suspect your dog may be suffering from heat stroke, it is imperative that your dog be seen by a veterinarian as soon as possible."

Remember that heat stroke, like overheating, is preventable. Take steps to ensure your dog stays cool and isn't overexposed during the dog days of summer.

- Don't leave your dog in a car, especially with windows shut.
- Keep your dog inside as much as possible.
- Keep walks short on hot days; walk early in the morning or later in the evening when things are cooler.

HOT CARS CAN BE LETHAL FOR DOGS

Whether you are parking in the shade, just running into the store, or leaving the windows cracked, it is not a good idea to leave your pet in a parked car.

The temperature inside a car can skyrocket after just a few minutes. Parking in the shade or leaving the windows cracked does little to alleviate this pressure cooker.

On an 29 C day, for example, the temperature inside a car with the windows cracked can reach 38 C within only 10 minutes. After 30 minutes, the temperature will reach 48 C. At 43 C, pets are in danger of heatstroke.

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SHINING A LIGHT
ON GREAT INNOVATION

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The typical bankrupt Canadian is a 43-year-old man owing \$61K above and beyond a mortgage. ISTOCK IMAGES

Male, middle-aged and bankrupt?



YOUR MONEY
Alison Griffiths
money@metronews.ca

If you are male and entering middle age with a fair chunk of non-mortgage debt then bankruptcy might be just around the corner.

According to research by trustee firm Hoyes, Michalos & Associates into 7,000 insolvency filings, the typical bankrupt Canadian is a 43-year-old man owing \$61,000 above and beyond a mortgage.

Credit Canada Debt Solutions CEO Laurie Campbell outlined the findings in her recent blog, fortheloveofmoney.ca.

What really shocked Campbell was the discovery that the average debt level of insolvent 50- to 59-year-olds was more than \$84,000.

"Who knew that the generation which grew up with the Freedom-55 ads (touting early

retirement through smart financial planning) would find itself in such a sorry fiscal state?" she writes.

Equally worrying are those 60 and over. Among the group studied they carried nearly \$70,000 in unsecured debt.

You might dismiss the findings if you are much younger (and female), but according to the study's author, Doug Hoyes, "We are all pretty close to the edge. What is saving us is that interest rates are low."

Hoyes points out that there isn't a whole lot of difference between the current average debt to income ratio of 165 per cent and that of the insolvent individuals at 215 per cent.

It boils down to the fact that many Canadians won't be able to handle even a small increase in interest rates. Even something as small as the June 10 notice by TD Canada Trust nudging the five-year closed rate to 3.29 per cent from 3.09 per cent, could be the financial

tipping point for some.

Larger rate increases, as will eventually happen, may also appear quite small. But Hoyes cautions consumers to look at the numbers a different way.

"Going from a three per cent to four per cent interest is not an increase of one per cent in your payments. If your rent goes from \$300 to \$400 per month, how much did your rent increase? Answer: one third, or over 33 per cent." Similarly, the cost of a mortgage at four per cent is 33 1/3 per cent higher than one at three per cent.

Those who worry they are on the edge of affordability should take action. The charitable Credit Canada Debt Solutions (creditcanada.com), for example, offers financial counselling and coaching to help consumers with debt.

Contact Alison at griffiths.alison@gmail.com or alison.griffiths.ca



Where there's a will there's a way – to rest easy

Writing a will is one of those responsibilities many people put off. But the fact is, nobody should be without a will.

A will gives you the unique opportunity to exercise your rights and to decide where your assets will go. With a will, nothing is left open to misinterpretation and your wishes will be respected.

If there is no will, your estate will be distributed according to the laws of the province where you live. These laws are inflexible and may not take into consideration the care of people or organizations you wish to remember. They don't make exceptions and property is distributed according to an all-purpose

plan. They may deplete your estate unnecessarily, for example, requiring that a court-appointed administrator be bonded.

The laws also "fly blind" trying to guess your desires concerning who should be your administrator, or who should be guardian of your children if they are minors.

They also cannot make charitable bequests or gifts to causes like cancer research or Amnesty International, which you supported in your lifetime. Only a personal will can do that.

Here are the answers to some commonly asked questions:

Don't only wealthy people need wills?

Actually, the smaller the estate, the more important it is that it be settled quickly to avoid additional expense. This can only happen with a properly written will.

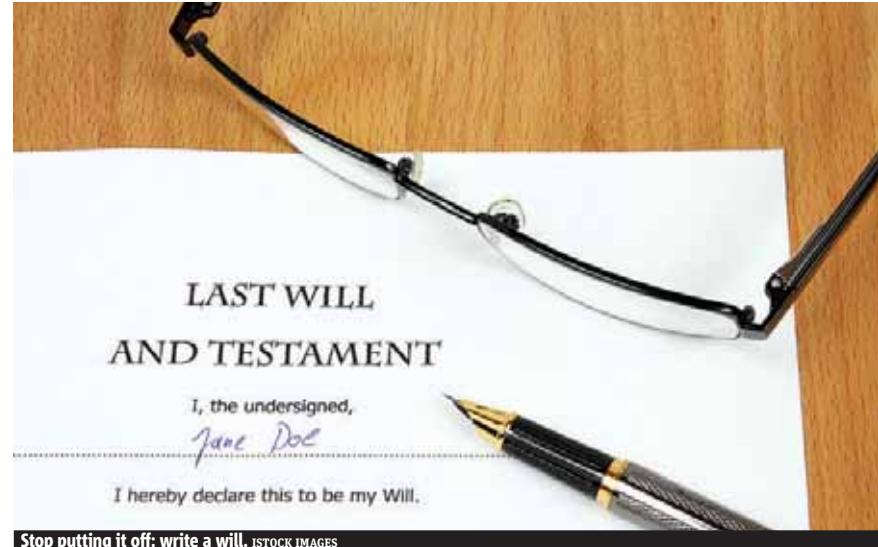
Don't only people with troublesome relatives need wills?

Even family members with the best intentions may be puzzled and confused as to what your wishes may have been in the absence of a will.

Isn't it expensive to have a will prepared?

Wills are usually less costly than people expect and can help avoid the emotional and financial costs of not having a proper will.

NEWS CANADA



Stop putting it off: write a will. ISTOCK IMAGES

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STUDY CAREERS THAT ARE IN DEMAND

AT THE ACADEMY OF LEARNING

The reason so many schools offer a health-care aide program is because it has been proven to be a field where trained professionals are in demand.

At Academy of Learning Career College, study to enter to this high demand field in only five months without worrying about waiting until September to start.

"This is an opportunity for people to enter the health-care profession with a five-month program that gives them the skills employers are looking for, as well as what provincial regulations require," says Charles Jarvis, general manager, Academy of Learning.

"The Academy of Learning health-care aide certificate uses the official government of Alberta curriculum, so you know you're getting the highest standard of training."

Jarvis says health-care aides are an important part of extended care facilities,



WAVEBREAKMEDIA/MICRRO/THINKSTOCK

home care, hospitals, and more, and they are always in demand.

"Whether you have a background in health care, either in Canada or from

another country, or are a person who sees health care as a great career move, Academy of Learning can get you started quickly and professionally," Jarvis says.

Academy of Learning graduates boast a 97 per cent employment rate in areas for which they were trained.

"Health-care aide remains a strong career option for people looking for employment in a caring, helping field," Jarvis says.

"The demand remains high among employers and Academy of Learning graduates are recognized as highly skilled workers, ready to do the jobs they were trained for, and that employers need done."

Academy of Learning is a business and career college that offers diplomas in a variety of programs in less than a year, in fields that are in demand for both individuals and employers.

There is no need to wait until September to begin your training since intake is continuous to provide students with the maximum flexibility for their education.

With its Integrated Learning System, students have the freedom to customize their schedules to fit their lives, whether that is a full-time job, family, or other commitments.

For more, visit academyoflearning.ab.ca.

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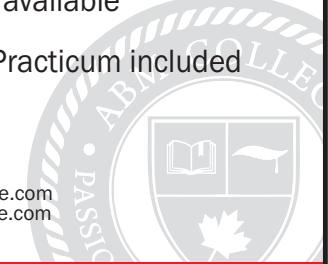
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ON HAND TO HELP ABORIGINAL FUTURES

Aboriginal Futures assists Aboriginal people who live in Calgary and the surrounding area obtain education, training and employment services, free of charge.

Whether an individual is looking for one-on-one career counselling, help with writing a résumé, or perfecting their interview skills, Aboriginal Futures is on hand to help.

And for those who might not know where to get started, Aboriginal Futures can help with that as well.

"Our trained counsellors provide individual career counselling for employment and career decision making," says Leigh-Ann Palfrey, event co-ordinator, Aboriginal Futures.

It also offers an on-site employment resource room that has up-to-date job postings, employment and training information, career planning and job search resources.



MONKEY BUSINESS IMAGES/VEER

By working closely with employers throughout the province, Aboriginal Futures also holds a number of training workshops and events to connect employers with potential new employees.

"Events are intended to bring together clients, service providers, employers, government, educators and community to help clients build their career paths, develop skills, explore work options and achieve meaningful employment," Palfrey says.

Funding options are also available for qualified individuals.

To book an appointment with one of Aboriginal Future's career counsellors, call 403-253-5311, stop by suite 200, 6011-1A St. SW Southwest, two blocks from Chinook Station, or visit aboriginal-futures.com.

GET THE HANDS-ON SKILLS TO BE A PRACTICAL NURSE

COLUMBIA COLLEGE

The scope of practice for licensed practical nurses has grown over the last few years, and the skills these nurses now have make them a valuable asset to the health-care system at a time when the population is aging and health-care services increase in demand.

Through the practical nurse program at Columbia College, learn to perform nursing assessments, provide nursing care and implement prescribed medical treatments in order to seek out a career in this field.

"Our practical nurse program will facilitate learning that will enable the student to provide quality nursing care," says Valerie Oliver, program chair, practical nurse, Columbia College.

"Students will acquire the knowledge base and the hands-on skills to work as a licensed practical nurse."

Students of this program will participate in classroom instruction, skills lab-



CONTRIBUTED

oratory and practicum in continuing care, acute care and a specialty setting.

They will also participate in a professional experience in the workplace where they will be guided in the transition from a student to a graduate practical nurse.

This full-time program is a two-year diploma that is completed over 16 months.

Students can apply for one of the three intakes, either Aug. 26, Nov. 14, or April 6, 2014.

For more, visit columbia.ab.ca.

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GET OUT IN THE WORKFORCE EARLIER

Forget waiting until September to start your career in computer-aided design — at Digital School start as early as July 2.

By starting this summer, be out in the workforce by this time next year in a field where industry professionals are in high demand in Alberta.

“I can say with confidence that the job market for qualified drafters is very strong,” says Brady Sylvester, assistant manager of Digital School.

So strong that Sylvester says he has run out of room to post job listings on the job board, and that was only for jobs posted in four weeks.

Currently, all Digital School programs are accepting applicants for the July term, meaning you could graduate as early as December from the full-time computer-aided drafter certificate program. Or in June from the architectural or engineering CAD technician diploma programs, or the part-time, online

computer-aided drafter certificate.

Digital School has no waiting lists, and professional admissions advisers are specially trained to assist applicants with every aspect of the process, from their first inquiry through the different student funding processes that are available, and to get it done efficiently and quickly.

For more information about Digital School, or to speak to an admissions adviser, visit digitalschool.ca.

CHANGE DIRECTION WITH CA BRIDGING PROGRAM

Looking for an early career change, Jarrod Nyholt decided to step away from his career as kinesiologist and pursue a new career as a chartered accountant through the CA bridging program at the University of Lethbridge Calgary Campus.

“I quickly found out that most of the careers related to kinesiology (physiotherapist, chiropractor, trainer) did not offer the room for career growth and opportunity that becoming a CA would,”

Nyholt says. “The CA bridging program was very beneficial because it allowed me to make a quick career change without having to go back to school for a whole new degree.”

Nyholt says he took very few business courses with his degree, but was able to complete all the required courses through the CA bridging program within 16 months of starting.

CA bridging is offered at the U of L Calgary campuses through the faculty of

management and is designed for students who may be already working full time but are looking to further their careers as chartered accountants.

This initiative also serves professionals considering changing careers, university graduates in fields other than accounting, and new Canadians with international accounting credentials seeking Canadian credentials and experience.

For more information, visit uleth.ca/calgary/ca-bridging.



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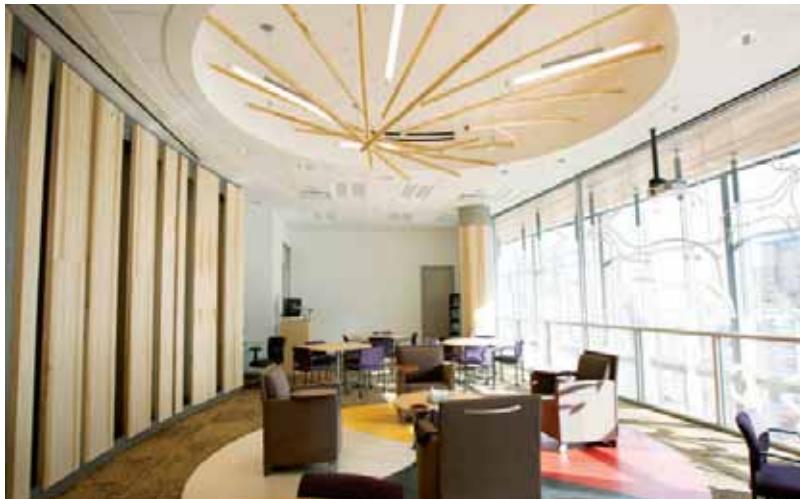
FOR ABORIGINAL STUDENTS AT BOW VALLEY

Cultural identity is not lost for Aboriginal learners at Bow Valley College with the opening of the brand new Iniiokkaan (Buffalo Lodge) Aboriginal Centre located in the BVC South Campus.

The buffalo has special meaning for Aboriginal Peoples in Canada and Alberta. Education is often referred to as the new buffalo, thus the name Iniiokkaan (Buffalo Lodge) holds significant meaning to BVC.

First opening its doors to students in January 2013, this new centre provides support for Aboriginal learners and welcomes all BVC students looking to share in this deep rooted way of life.

"It's a space for gathering, learning, and cultural celebration focused on the goal of Aboriginal learner persistence and



CONTRIBUTED

success," says Sharon Carry, president and CEO.

"It's a centre open to all college learners, faculty and staff, so its focus also includes deepening a shared understanding of Aboriginal teachings and ways of life."

This centre is richly imbued with

Aboriginal symbols and artifacts of significance to Aboriginal Peoples, the First Nations, Métis and Inuit.

The Aboriginal leaders on the centre's advisory council contributed to its design to meaningfully represent a lodge or a teepee. This included the choice of wood used such as the lodge pole pines in the

ceiling design.

"Our college stands on traditional territory of the Blackfoot and Treaty 7 Nations, and we have always believed that our community college has a recurring role to play in bridging the understanding of and celebrating of Aboriginal cultures," Carry says.

"A dedicated space for Aboriginal learners to access cultural resources, reconnect with traditional teachings, and gather and celebrate with the broader community speaks to our college's purpose to engage diverse communities in lifelong learning and build better lives."

Aboriginal learners at the college can meet with Aboriginal elders for counselling, enjoy space for independent or group study, and participate in cultural ceremonies, including daily smudge ceremonies, an essential part of the Blackfoot way of life.

For Bow Valley College First Nations, Métis and Inuit students, this centre is a place to find serenity and is their home away from home.



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ABES MEETS NEEDS OF STUDENTS

Alberta Business and Educational Services (ABES) is a private vocational training school offering training programs in 50 different vocational areas, including health-care training programs.

ABES runs in partnership with Calgary Laboratory Services, Alberta Health Services and Alberta Human Services to give students the best opportunity to succeed in their chosen fields.

"These partnerships were established not only to better serve our students, but also to meet the needs of the current ongoing demands of the industry," says Julie Wright campus co-ordinator, ABES.

"We consider these partnerships with the industry and community resources to be the key to our success."

ABES relies on these industry partnerships to help develop, deliver and assess programs so graduates are



WAVEBREAKMEDIA/MICRRO/VEER

highly employable when they finish.

"We keep in constant contact with our partners to ensure that our graduates have the top skills needed for employment and advancement in their careers," Wright says.

She adds that ABES graduates have a unique advantage when it comes to finding and applying for jobs upon completion.

"Take the government of Alberta health-care aide program and you can have 11 certificates by the time you graduate," Wright says.

"You'll also be more experienced due to our intensive hands-on training. For example, medical laboratory assistants at ABES will likely draw blood on real arms 100 times before practicum."

For more, visit abes.ca.

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Accounting and payroll professionals play an important role in any organization by ensuring the books are always in order and the employees are always paid, among many other vital duties.

For those looking to get into this challenging and rewarding career, ABM College offers individuals a chance to train to become an accounting and payroll administrator through its one-year diploma program.

ABM aims to prepare its students in the areas of financial accounting and payroll so each student will become a valuable member of any future organization.

This program will train students to develop the skill set necessary to keep records of accounts, maintain complete sets of books and verify the procedure of financial transactions.

More than just the technical knowledge, students will gain practical experience to prepare the workplace upon completion of the program.



BARTEKSZEWCZYK/VEER

Through hands-on lab instruction and classroom learning, graduates of this program are prepared to go on to pursue careers as payroll administrators, office supervisors, accounts and receivable clerks, office assistants, and clerks.

Successful students of this program can also assume a wide range of roles in any given organization in both the public and private sectors.

For more, visit abmcollege.com.

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4 SPORTS



Daniel Paille of the Bruins celebrates his game-winning goal against the Blackhawks in Game 3 of the Stanley Cup final in Boston. HARRY HOW/GETTY IMAGES

Paille helps Boston cream Blackhawks

Stanley Cup final.

Game 2's overtime hero comes through again by scoring a goal and drawing a key penalty

Daniel Paille and Patrice Bergeron scored second-period goals and Tuukka Rask made 28 saves Monday as the hard-charging Boston Bruins blanked the Chicago Blackhawks 2-0 to take a 2-1 lead in the Stanley Cup final.

The Bruins were full value



for their second straight win, coming out hard and crashing Chicago. Boston seemed bigger, faster and meaner on the night.

Even anthem singer Rene Rancourt seemed up for it, adding a few more degrees of diffi-

culty to his litany of pre-game fist pumps and facial contortions. The TD Garden crowd of 17,565, Boston's 163rd straight sellout, ate it up.

History has Boston at the front of the NHL championship bus now. Teams winning Game 3 after splitting the first two games of the final have gone on to win 21 of 25 times since the best-of-seven format began in 1939.

Paille, the overtime hero of Game 2, opened the scoring for Boston as the Bruins' reshaped third line of Paille, Chris Kelly and Tyler Seguin paid dividends again. The trio

accounted for both Boston goals in the Bruins' overtime win in Game 2.

Bergeron then scored on the power play, with Paille and Kelly prompting the Hawk penalties that led to the goal. The Bruins forward was a one-man machine, with six shots in the first two periods alone. He also dominated faceoffs, winning 19 of 22 in the first 40 minutes.

Game 4 goes Wednesday in Boston.

Hawks co-scoring leader Marian Hossa was a late scratch, replaced by Ben Smith after being injured in the warm-up. THE CANADIAN PRESS

Backside backtrack

Judge accepts Johnson's butt-slap rebuttal

A contrite Chad Johnson apologized Monday for disrespecting a judge when the former NFL star slapped his attorney on the backside in court last week and was released from jail after only a week instead of 30 days.

Broward County Circuit Judge Kathleen McHugh accepted Johnson's apology and cut back his jail term for a probation violation to the seven days he had already served since the rear-swatting.

THE ASSOCIATED PRESS



Chad Johnson appears in court on Monday in Fort Lauderdale, Fla. THE ASSOCIATED PRESS

CFL

Grey Cup hero Horne cut by Argos

Pacino Horne has gone from Grey Cup hero to being unemployed.

The cornerback was among 11 players released Monday by the Toronto Argonauts. Horne started the club's 35-22 championship win over the Calgary Stampeders last November and delivered a key play in the win.

With Toronto leading 7-3, Horne intercepted Calgary's Kevin Glenn and returned it 25 yards for the TD and a 14-3 advantage. THE CANADIAN PRESS

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Lang on comeback trail to the pitch

Soccer. Former Team Canada star rebuilding her body after suffering two torn ACLs

Her athletic trainers call it a "rebuild."

It's the painstaking process of taking apart something that wasn't assembled quite right and putting it back together properly.

For Kara Lang, fingers crossed, the result could be a resurrected soccer career.

"It's just kind of one of those things where I have to try it," Lang said. "Nothing is guaranteed when you really look at it. I just need to know that I tried."

The former Canadian soccer star is mounting a comeback, a chance to put some closure on a career that ended far too soon.

The Oakville, Ont., native, whose two torn ACLs forced her to retire at the age of 24, said



Kara Lang is attempting to revive her soccer career.

THE CANADIAN PRESS FILE

she's been overwhelmed by the support she's received since news of her comeback got out late last week, saying "all the encouragement I've gotten is going to push me even more."

Lang could use the push. Rehab hasn't been easy. Since early this year when she put her broadcasting career on hold to commit to rehab full time, she's spent three out of

four weeks in Montreal, working with a team of trainers provided by B2ten — a private business group that supports Olympic athletes.

The breaking down-building up process has been tedious, but key. They're "pulling me off that ledge that apparently I was hovering over all the time, of tearing my ACL."

Her workouts, she said, could barely be called workouts. It's been a lot of simple, Square 1 exercises like lunges and squats with no weight. The trainers watch and constantly correct her.

"They're basically teaching me how to move in a completely different way," Lang said. "It's very frustrating. But that's what it takes to break these habits that I've developed over the years and some of them I was born with. The idea is that you become a different kind of athlete, more efficient, everything is more compact, basically your risk of injury is decreased."

THE CANADIAN PRESS

MLB

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| Baltimore | 40 | 31 | .563 | 2 |
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| Tampa Bay | 36 | 33 | .522 | 5 |
| Toronto | 33 | 36 | .478 | 8 |

CENTRAL DIVISION

| | W | L | Pct | GB |
|-------------|----|----|------|----|
| Detroit | 39 | 29 | .574 | — |
| Kansas City | 34 | 34 | .500 | 5 |
| Cleveland | 34 | 35 | .493 | 5½ |
| Minnesota | 30 | 36 | .455 | 8 |
| Chicago | 29 | 38 | .433 | 9½ |

WEST DIVISION

| | W | L | Pct | GB |
|-------------|----|----|------|-----|
| Oakland | 42 | 30 | .583 | — |
| Texas | 39 | 31 | .557 | 2 |
| Seattle | 31 | 39 | .443 | 10 |
| Los Angeles | 30 | 39 | .435 | 10½ |
| Houston | 26 | 45 | .366 | 15½ |

Monday's results

Toronto 2 Colorado 0
Kansas City 2 Cleveland 1

Texas 8 Oakland 7

Chicago White Sox 4 Houston 2

Detroit 5 Baltimore 1

Seattle at L.A. Angels

All times Eastern

Tuesday's games

Tampa Bay (Archer 1-2) at Boston (Aeves 3-1), 1:05 p.m.

L.A. Dodgers (Ryu 6-2) at N.Y. Yankees (Hughes 3-5), 7:05 p.m.

Kansas City (Santana 5-5) at Cleveland (Jimeson 5-4), 7:05 p.m.

Colorado (Francis 2-4) at Toronto (Rogers 2-2), 7:07 p.m.

Baltimore (Britton 0-1) at Detroit (Verlander 8-4), 7:08 p.m.

Tampa Bay (Odorizzi 0-0) at Boston (Doubroent 4-3), 7:10 p.m.

Oakland (Parker 5-6) at Texas (Darvish 7-2), 8:05 p.m.

Milwaukee (Figaro 1-0) at Houston (Lyles 3-1), 8:10 p.m.

Chicago White Sox (Axelrod 3-4) at Minnesota (Pelfrey 3-6), 8:10 p.m.

Seattle (Bonderman 1-1) at L.A. Angels (Blanton 1-10), 10:05 p.m.

NATIONAL LEAGUE

EAST DIVISION

| | W | L | Pct | GB |
|--------------|----|----|------|-----|
| Atlanta | 41 | 28 | .594 | — |
| Washington | 34 | 35 | .493 | 7 |
| Philadelphia | 34 | 37 | .479 | 8 |
| New York | 25 | 39 | .391 | 13½ |
| Miami | 21 | 47 | .309 | 19½ |

CENTRAL DIVISION

| | W | L | Pct | GB |
|------------|----|----|------|-----|
| St. Louis | 44 | 25 | .638 | — |
| Cincinnati | 43 | 28 | .606 | 2 |
| Pittsburgh | 41 | 29 | .586 | 3½ |
| Chicago | 28 | 39 | .418 | 15 |
| Milwaukee | 28 | 40 | .412 | 15½ |

WEST DIVISION

| | W | L | Pct | GB |
|---------------|----|----|------|----|
| Arizona | 37 | 32 | .536 | — |
| Colorado | 37 | 34 | .521 | 1 |
| San Francisco | 35 | 33 | .515 | 1½ |
| San Diego | 35 | 34 | .507 | 2 |
| Los Angeles | 29 | 39 | .426 | 7½ |

Monday's results

Cincinnati 4 Pittsburgh 1

St. Louis 5 Chicago Cubs 2

Philadelphia 5 Washington 4

N.Y. Mets at Atlanta

Miami at Arizona

San Diego at San Francisco

Tuesday's games

All times Eastern

N.Y. Mets (Harvey 5-1) at Atlanta (Wood 0-0), 1:10 p.m.

Washington (Detwiler 2-4) at Philadelphia (Lee 8-2), 7:05 p.m.

Pittsburgh (Morton 0-1) at Cincinnati (Latos 6-0), 7:10 p.m.

N.Y. Mets (Wheeler 0-0) at Atlanta (Maholm 7-5), 7:10 p.m.

Chicago Cubs (Samardzija 3-7) at St. Louis (Wainwright 10-3), 8:15 p.m.

Miami (Eovaldi 0-0) at Arizona (Delgado 0-0), 9:40 p.m.

San Diego (Cashner 5-3) at San Francisco (Cain 5-3), 10:15 p.m.

NHL PLAYOFFS

STANLEY CUP FINAL

(Best-of-7 series; All times Eastern)

CHICAGO (1) VS. BOSTON (4)

(Boston leads 2-1)

Monday's result

Boston 2 Chicago 0

Wednesday's game

Chicago at Boston, 8 p.m.

Saturday's game

Boston at Chicago, 8 p.m.

Monday, June 24

x-Chicago at Boston, 8 p.m.

x — if necessary

BRUINS 2, BLACKHAWKS 0

First Period — No Scoring

Penalties — Daugavins Bos (roughing) 9:57, Thornton Bos (roughing) 14:15.

Second Period

1. Boston, Paille 4 (Kelly, Seguin) 2:13

2. Boston, Bergeron 7 (Jagr, Chara) 14:05 (pp)

Penalties — Bolland Chi (cross-checking) 12:00, Hjalmarsson Chi (tripping) 13:50, Bolland Chi (tripping) 19:00.

Third Period — No Scoring

Penalties — McQuaid Bos (tripping) 7:56, Bolland Chi (tripping) 13:55, Krejci Bos (hooking) 15:55, Bickell Chi (roughing), Shaw Chi (fighting, major), Chara Bos (roughing, double minor), Marchand Bos (fighting, major) 19:48.

Shots on goal

Chicago 10 8 10 —28

Boston 11 15 9 —35

Goal — Chicago: Crawford (L13-7-0); Boston: Rask (W14-5-0). Power plays (goals-chances) — Chicago: 0-5; Boston: 1-4.

Attendance — 17,565 (17,565) at Boston.

Lates 6-0, 7:10 p.m.

N.Y. Mets (Wheeler 0-0) at Atlanta (Maholm 7-5), 7:10 p.m.

Chicago Cubs (Samardzija 3-7) at St. Louis (Wainwright 10-3), 8:15 p.m.

Miami (Eovaldi 0-0) at Arizona (Delgado 0-0), 9:40 p.m.

San Diego (Cashner 5-3) at San Francisco (Cain 5-3), 10:15 p.m.

San Antonio at Miami, 6 p.m.

NBA PLAYOFFS

FINAL

(Best-of-7 series; All times Eastern)

MIAMI (1) VS SAN ANTONIO (2)

(San Antonio leads 3-2)

Sunday's result

San Antonio 114 Miami 104

Tuesday's game

San Antonio at Miami, 6 p.m.

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Horoscopes

♈ Aries

March 21 - April 20

As far as you are concerned, there is no such thing as a lost cause and you will prove it today. The first rule of success is to believe it is possible and, one way or another, your belief will make it a fact.

♉ Taurus

April 21 - May 21

Not everyone shares your sense of humour, so watch what you say today. If you offend the wrong person, it might adversely affect your professional situation.

♊ Gemini

May 22 - June 21

Make the most of the Sun's last few days in your sign to show what you can do. Not that you won't be able to show it after the Sun has moved on, but at the moment you are positively glowing.

♋ Cancer

June 22 - July 23

You don't need to change a thing in your life. Just keep to the path you are already travelling. The great thing about Cancer is you have staying power: Once you start something, you don't stop.

♌ Leo

July 24 - Aug. 23

It's not like you to cling on to something you don't need but that is what you appear to be doing. The tighter you hold on to it, the more it will hurt when it is taken away. Give it up.

♍ Virgo

Aug. 24 - Sept. 23

The eyes of the world are on you now and what you do over the next few days could change your life in meaningful ways. Believe you can be the biggest and the best.

♎ Libra

Sept. 24 - Oct. 23

Don't listen to people who try to tell you that you are going about something the wrong way. Your instincts tell you a different story and your instincts are never wrong.

♏ Scorpio

Oct. 24 - Nov. 22

Someone may possess something you want but don't let your envy show. It's quite likely that from their point of view, you are the one who to be envied. Grass always looks greener on the other side.

♐ Sagittarius

Nov. 23 - Dec. 21

Someone will offer you something for nothing today and although you will be tempted to take it, you may hesitate in case there's a catch. Rest assured it's not a trick.

♑ Capricorn

Dec. 22 - Jan. 20

Life may be a bit dull at the moment but in a matter of days you will be so busy you may long for some tedium again. Too bad, you won't get it. If you want to move up in the world you've got to work hard.

♒ Aquarius

Jan. 21 - Feb. 19

You have nothing to fear and everything to look forward to. Anything of a creative nature will work well for you today, and even better tomorrow. Don't follow the herd.

♓ Pisces

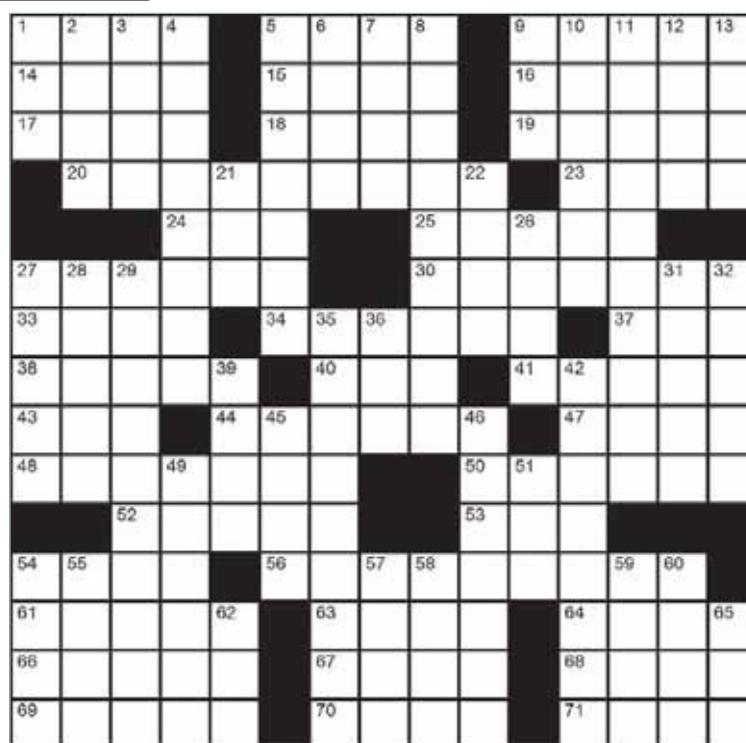
Feb. 20 - March 20

If you have fallen behind in your schedule, this is the ideal time to catch up. Once you make the effort to start you won't want to stop, not until you are finished at least. You may end up working through the night. **SALLY BROMPTON**

Crossword: Canada Across and Down

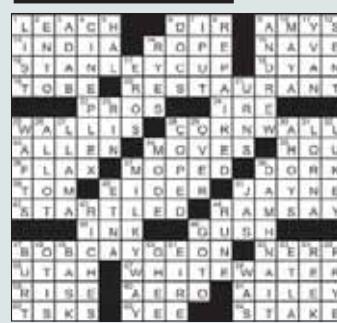
Across

- Premier of Saskatchewan, Brad __
- Car rental company
- Gulf War missiles
- Ms. Perlman
- Suit piece
- Vietnam's capital city
- New York baseball player, for short
- Canadian author Mr. Miller
- Sprite-like
- Southeast-of-Winnipeg city in Manitoba
- Contact __ (Vision corrector)
- Norse Myth: Underworld goddess
- Gold measurement, variably
- Hold back
- Kettle's sounder
- Ms. Ephron
- Nearly
- Really long time
- Purse material
- Brouhaha
- Mrs. ' __ Goes to Paris (Paul Gallico novel)
- Cousin of ette
- Roamers
- Architect Mr. Saarinen
- Securing: 2 wds.
- More furious
- Pub game
- "Monsters, __." (2001)
- Component, as of a process
- Some office



- devices
- Gangly
- Pack __ (Get ready to vacation)
- Lindsay Lohan's mom
- Mr. Shaw (Famed clarinetist)
- Rock's __ Straits
- Surrounded by
- "Hey! That __ funny."
- Sporty TV network
- Units of a gym user's sety
- Like some humour
- Detective's sound effects
- Loaned
- Thunder Bay university
- Anne of Green Gables setting
- Action word
- Madonna hit: "La __ Bonita"
- St. John's-born singer Kim
- Particular pronoun
- Opera legend Maria
- ' __ and alive' ...how Joni Mitchell felt in "Free Man in Paris"
- Bump off: 2 wds.
- Breaks a Commandment

Yesterday's Crossword



Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

Yesterday's Sudoku

| | | | | | | | | |
|---|---|---|---|---|---|---|---|---|
| 1 | 8 | 3 | 4 | 6 | 5 | 9 | 2 | 7 |
| 6 | 7 | 2 | 1 | 9 | 3 | 5 | 8 | 4 |
| 9 | 4 | 5 | 8 | 7 | 2 | 3 | 1 | 6 |
| 2 | 1 | 4 | 5 | 3 | 8 | 7 | 6 | 9 |
| 3 | 9 | 6 | 7 | 2 | 1 | 4 | 5 | 8 |
| 7 | 5 | 8 | 6 | 4 | 9 | 2 | 3 | 1 |
| 5 | 6 | 7 | 3 | 8 | 4 | 1 | 9 | 2 |
| 4 | 2 | 1 | 9 | 5 | 6 | 8 | 7 | 3 |
| 8 | 3 | 9 | 2 | 1 | 7 | 6 | 4 | 5 |

| | | | | | | | | |
|---|---|---|---|---|---|---|---|--|
| 4 | | 6 | | | | | | |
| 8 | 9 | | 2 | | | | | |
| | | 3 | | | 6 | 1 | | |
| | | | 8 | 7 | 2 | | 5 | |
| | | | 6 | 3 | 8 | 4 | | |
| | | | 5 | 1 | 9 | 8 | | |
| | | | 6 | 2 | | 4 | | |
| | | | | 7 | | 6 | 3 | |
| | | | | | 6 | 8 | | |

Weather

TODAY

WEDNESDAY

THURSDAY

MAX: 24°
MIN: 11°MAX: 16°
MIN: 11°MAX: 16°
MIN: 8°

ANDREW SCHULTZ
METEOROLOGIST

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WEEKDAYS 5:30 AM

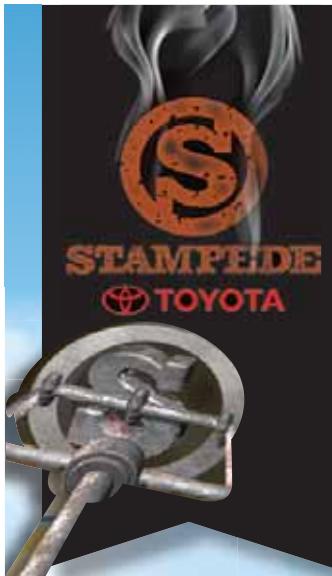


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